

St. Philip's Luthern School LUNCH MENU – January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>This institution is an equal opportunity provider.</i>	1	2	3	4
7 Spaghetti w/ meat sauce Sweet peas w/g bread Fruit Milk	8 Beef hot dog on w/g bun Baked beans Fruit Milk	9 Baked chicken Potatoes Green beans w/g roll Fruit Milk	10 Turkey w/ gravy Brown rice Spinach w/g bread Fruit Milk	11 Chicken patty on a w/g bun Steamed carrots Fruit Milk
14 Turkey or Ham & cheese sandwich w/g bun, lo cal dressing Fresh carrots Fruit Milk	15 Taco Casserole Sweet peas Whole grain bread Fruit Milk	16 BBQ chicken sandwich Whole grain bun Vegetarian beans Fruit Milk	17 Mac & Cheese Green beans Whole grain bread Fruit Milk	18 NO SCHOOL
21 NO SCHOOL	22 Beef hot dog on w/g bun Baked beans Fruit Milk	23 Baked chicken Potatoes Green beans w/g roll Fruit Milk	24 Turkey w/ gravy Brown rice Spinach w/g bread Fruit Milk	25 NO SCHOOL
28 Turkey or Ham & cheese sandwich w/g bun, lo cal dressing Fresh carrots Fruit Milk	29 Taco Casserole Sweet peas Whole grain bread Fruit Milk	30 BBQ chicken sandwich Whole grain bun Vegetarian beans Fruit Milk	31 Mac & Cheese Green beans Whole grain bread Fruit Milk	<i>Fat Free White or Chocolate Milk is served with each meal.</i>

BREAKFAST IS SERVED EVERYDAY FROM 7:00AM – 7:35AM
Cereal, fruit, graham crackers and Milk. All students eat for free!