



Trinity Lutheran School

May 2019 Menu

BREAKFAST \$1.65

LUNCH PRICES

Paid \$2.85
 Reduced \$0.40
 Additional milk \$0.50
 Snack Milk \$0.50
 Adult/Guest \$3.55

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Soft shell chicken taco WG hot roll Mixed greens Peaches Milk	2 Beef hot dog on a WG bun Tater tots Baked beans Mixed green salad Pineapple Milk	3 Fish sticks French fries Corn/broccoli Pumpkin bars (WGR) Applesauce Milk
6 Sloppy joe on a bun Buttered WG noodles Green beans Apple crisp (WGR) Milk	7 Chicken teriyaki over WG rice WG hot roll Peas Peaches Milk	8 Hamburger on a WG bun French fries Pickles Mixed greens Cantaloupe Milk	9 Tomato soup/crackers Grilled cheese sandwich (WG bread) Carrot sticks Oranges/bananas Milk	10 Pizza (ground beef or cheese) WG pizza crust WG garlic bread Romaine lettuce Pears Milk
13 Chicken nuggets French fries WG hot roll Carrot sticks Mixed fruit Milk	14 Tacos w/WGR shells Nachos w/cheese Corn Mixed green salad Pears Milk	15 Chili w/crackers Ham, egg salad, or Peanut butter on WG bread Carrot sticks Oranges/apples Milk	16 WG pancakes w/sausage Tater tots Carrot sticks Applesauce Milk	17 Pizza dippers (WGR) Marinara sauce Romaine lettuce Peaches Milk
20 Ham and cheese on a WG bun French fries Carrots, cucumbers Cauliflower, broccoli Pears Milk	21 Chicken noodle soup Ham, egg salad, or Peanut butter on WG bread Carrot sticks Oranges/bananas Milk	22 Mini corn dogs (WGR) French fries Baked beans Mixed fruit Milk	23 Hamburger in gravy Over mashed potatoes Cinnamon roll Mixed veggies Pineapple/mandarin oranges Milk	24 Pizza (ground beef or cheese) WGR pizza crust Romaine lettuce WG garlic bread Peaches Milk
27 Memorial Day No School	28 Spaghetti (WG) with Meat balls WG garlic bread Mixed green salad Pineapple/mandarin oranges Milk	29 Track & Field Day Cook Out Hamburger on a WG bun French fries Carrot sticks Applesauce Cookie Milk	30 Diced chicken in gravy Over WG rice Broccoli WG hot roll Carrot sticks Pears Milk	31 Taco salad WG hot roll Corn Applesauce Milk

Daily Breakfast Offerings
Include:
 1 cup milk
 Choice of: ½ cup fresh fruit
 ½ cup fruit juice
 Choice of: 1 cup dry cereal
 4 oz yogurt
 1 hardboiled egg
 2 granola bars
 String cheese

Free & reduced meal applications can be requested from the office or completed online at any time throughout the school year.

Key:
 WGR – Whole Grain Rich
 WG – Whole Grain

