

TRINITY LUTHERAN ELC MENU

Week One: January 10-14

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
BREAKFAST				
Cereal	Scrambled Eggs Turkey Sausage	Bagels	Cereal	English Muffins
LUNCH				
Chicken Cheese Steak French Fries Fruit	Macaroni & Cheese with Hot Dogs Celery/Dip Fruit	Cheese Stuffed Shells Salad Fruit	Pizza Cucumbers/Dip Fruit	Hamburgers (Contains Meat and Soy) French Fries Fruit
SNACK				
Cheez-it's	Graham Crackers	Apples	Chex-Mix	Vanilla Wafers

Week Two: January 17-21

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
BREAKFAST				
	Cereal	Waffles	Cereal	Pancakes
LUNCH				
Closed Martin Luther King Jr. Day	Chicken Tenders Peas Fruit	BBQ Pork Rib Sandwich Carrot Sticks/Dip Fruit	Pizza Celery/Dip Fruit	Hot Dogs Baked Beans Fruit
SNACK				
	Pretzels	Goldfish	Oranges	Oreo Cookies

Week Three: January 24-28

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
BREAKFAST				
Cereal	Bagel Egg Sandwich	Pancakes	Cereal	English Muffins
LUNCH				
Chicken Nuggets Mixed Vegetables Fruit	Beef-A-Roni Salad Fruit	Ham & Cheese Sandwich Soup Fruit	Pizza Cucumbers/Dip Fruit	Hamburgers (Contains Meat and Soy) French Fries Fruit
SNACK				
Cheez-it's	Apples	Banana	Pudding	Animal Crackers

Week Four: January 31-February 4

MONDAY 31	TUESDAY 01	WEDNESDAY 02	THURSDAY 03	FRIDAY 04
BREAKFAST				
Cereal	Waffles	Blueberry Muffins	Cereal	Bagels
LUNCH				
Chicken Taco Corn Fruit	Scrambled Eggs Biscuit Turkey Sausage Links Fruit	Turkey & Cheese Sandwich Chicken Noodle Soup Fruit	Pizza Celery/Dip Fruit	Hot Dogs Mixed Vegetables Fruit
SNACK				
Pretzels	Graham Crackers	Chex Mix	Oranges	Chocolate Chip Cookies



NOTES

- *Low Fat White Milk, 100 % Juice & Water provided for all ELC students.*
- *Menus are subject to change without notice.*