

TRINITY LUTHERAN SCHOOL SYSTEM MENU

Week One: Jan 7-11 2019

Soup: Bean Soup

Second Choice: Ham & Cheese

MONDAY 07	TUESDAY 08	WEDNESDAY 09	THURSDAY 10	FRIDAY 11
BREAKFAST				
Cereal	Pancakes	Waffles	Cereal	Bagel
LUNCH				
Chicken Tenders Rice Carrots Fruit	Scrambled Eggs Turkey Sausage Links Home Fries Fruit	Pizza Salad Fruit	BBQ Rib Sub Green Beans Fruit Pretzels For Sale	Hot Dog Celery/Dip Fruit French Fries For Sale
SNACK				
Goldfish	Graham Crackers	Chex Mix	Rice Krispy Treat	Vanilla Wafers

Week Two: Jan 14-18

Soup: Crab Soup

Second Choice: Turkey & Cheese

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
BREAKFAST				
Cereal	French Toast Sticks	Scrambled Eggs Turkey Sausage Links	Cereal	English Muffin
LUNCH				
Chicken Taco Corn Fruit	Grilled Cheese Tomato Soup Fruit	Pizza Carrots/Dip Fruit	Spaghetti W/ Meatballs Salad Roll Fruit Pretzels For Sale	Hamburger/ Cheeseburger W/ Bacon Green Beans Fruit French Fries For Sale
SNACK				
Apple	Banana	Cheese Its	Nachos w/Salsa	Animal Crackers

Week Three: Jan 21-25

Soup: Chili

Second Choice: Ham & Cheese

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
BREAKFAST				
	Cereal	Pancakes	Cereal Honor Roll Breakfast	Blueberry Muffins
LUNCH				
TLCS & ELC CLOSED	Chicken Quesadilla Corn Fruit	Pizza Cucumber/Dip Fruit	Turkey & Cheese Wrap Chicken Noodle Soup Fruit Pretzels for Sale	Hot Dogs Peas Fruit French Fries For Sale
SNACK				
	Pretzels	Oranges	Goldfish Crackers	Chocolate Chip Cookies

Week Four: Jan 28-Feb1

Soup: Beef Stew

Second Choice: Turkey & Cheese

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
BREAKFAST				
Cereal	Yogurt W/Banana	French Toast Sticks	Cereal	Waffles
LUNCH				
Chicken Nuggets Butter Noodles Broccoli Fruit	Baked Ziti Salad Roll Fruit	Pizza Celery/Dip Fruit	Taco Salad Corn Fruit Pretzels for Sale	Hamburger/ Cheeseburger W/ Bacon Carrots/Dip Fruit French Fries for Sale
SNACK				
Nachos W/Cheese	Chex Mix	Rice Krispy Treat	Orange Sherbet	Oreo Cookies



NOTES

***All Lunches & Extra Items Must Be Ordered In Homeroom
No Cash Exchanged in the Cafeteria***

- *Low Fat White Milk & Fat Free Chocolate Milk for TLCS*
- *Low Fat White Milk, 100 % Juice & Water provided for all ELC students.*
- *French Fries For Sale Every Friday*
- *Soft Pretzels For Sale Every Thursday*
- *Daily Extra Items Available - \$1.00 each*
 1. *Nachos and Cheese*
 2. *Ice Cream, Sherbet, and Fruit Juice Bars*
 3. *Assorted Non-Carbonated Drinks*
- *Menus are subject to change without notice*
- *Soup Tuesday – Friday \$2.75*
- *Soup and Grilled Cheese Tuesday – Friday \$3.75*