

TRINITY LUTHERAN SCHOOL SYSTEM MENU

Week One: June 29- July 3

MONDAY 29	TUESDAY 30	WEDNESDAY 01	THURSDAY 02	FRIDAY 03
BREAKFAST				
Cereal	Blueberry muffins	Scrambled eggs Turkey sausage links	Cereal	Closed
LUNCH				
Chicken Nuggets Peas Fruit	Sloppy joes Potato wedges Fruit	Pizza Cucumbers/dip Fruit	Hot dogs Peas Fruit	closed
SNACK				
Pretzels	Watermelon	Apples	Oranges	closed

Week Two: July 6-10

MONDAY 06	TUESDAY 07	WEDNESDAY 08	THURSDAY 09	FRIDAY 10
BREAKFAST				
Cereal	Pancakes	French toast sticks	Cereal	Waffles
LUNCH				
Chicken Tenders Broccoli Fruit	Stuffed cheese shells Green beans Fruit	Pizza Salad Fruit	Ham and cheese Chicken noodle soup Fruit	Hamburger/ cheeseburger Green beans Fruit
SNACK				
Cheese its	Ice cream	Chex mix	Graham crackers	Oreo Cookies

Week Three: July 13-17

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
BREAKFAST				
Cereal	Pancakes	Bagels	Cereal	English muffins
LUNCH				
Chicken patty sandwich Peas Fruit	Spaghetti and meatballs Salad Roll Fruit	Pizza Carrots/dip Fruit	Ham Mac & cheese Broccoli Fruit	Hot dogs French fries Fruit
SNACK				
Goldfish	Watermelon	Apples	Oranges	Chocolate chip cookies

Week Four: July 20-24

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BREAKFAST				
Cereal	Waffles	French toast sticks	Cereal	Bagels
LUNCH				
Chicken quesadilla Corn Fruit	Beef-a-roni Green beans Fruit	Pizza Cucumbers/dip Fruit	Turkey and cheese sandwich Chicken noodle soup	Hamburger Tater tots Green beans Fruit
SNACK				
Ice cream	Cheese its	Rice Krispy treat	Pretzels	Vanilla Wafers

Week Four: July 27-31

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
BREAKFAST				
Cereal	Blueberry muffins	Egg Bagel sandwiches	Cereal	Pancakes
LUNCH				
Chicken nuggets Peas Fruit	Taco salad Corn Fruit	Pizza Salad Fruit	Meatball sub Green beans Fruit	Hot dogs Baked beans fruit
SNACK				
Goldfish	Chex Mix	Apples	Banana	Animal crackers

**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*