

# TRINITY LUTHERAN SCHOOL SYSTEM MENU

**Week One: Sept 30- Oct 4**

**Second Choice: Ham and Cheese**

MONDAY 30	TUESDAY 01	WEDNESDAY 02	THURSDAY 03	FRIDAY 04
<b>BREAKFAST</b>				
Cereal	Yogurt with Half Banana	French Toast Sticks	Cereal	Pancakes
<b>LUNCH</b>				
Chicken Tenders Broccoli Fruit	Taco Salad Corn Fruit  *Snow Cones for Sale	Pizza Celery/Dip Fruit	Sloppy Joe Mixed Vegetables Fruit  *Pretzels for Sale	Hamburger /Cheese Burger W/Bacon Green Beans Fruit  *French Fries for Sale
<b>SNACK</b>				
Cheese It Crackers	Nachos W/ Salsa	Apples	Goldfish Crackers	Animal Crackers

**Week Two: Oct 07-11**

**Second Choice: Turkey and Cheese**

MONDAY 07	TUESDAY 08	WEDNESDAY 09	THURSDAY 10	FRIDAY 11
<b>BREAKFAST</b>				
Cereal	Waffle	Scrambled Eggs & Turkey Bacon	Cereal	Bagels
<b>LUNCH</b>				
Chicken Nuggets Broccoli Fruit	Mac & Cheese W/ Ham Green Beans Fruit  *Snow Cones for Sale	Pizza Cucumber w/ Dip Fruit	Meatball Sub Mixed Veggies Fruit  *Pretzels for Sale	Hot Dogs Peas Fruit  *French Fries for Sale
<b>SNACK</b>				
Ice Cream Sandwich	Watermelon	Chex mix	Vanilla Pudding	Vanilla Wafers

**Week Three: Oct 14-18**

**Second Choice: Turkey Bologna and Cheese**

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
<b>BREAKFAST</b>				
Cereal	Pancakes	French Toast Sticks	Cereal	
<b>LUNCH</b>				
Chicken Quesadilla Corn Fruit	Ham & Cheese Wrap Smiley Fries Fruit  *Snow Cones for Sale	Pizza Carrots/Dip Fruit	Scrambled Eggs Turkey Sausage Link Home Fries Fruit  *Pretzels for Sale	TLCS & ELC CLOSED
<b>SNACK</b>				
Orange Sherbet	Nachos W Cheese	Oranges	Animal Crackers	

**Week Four: Oct 21-25****Second Choice: Ham & Cheese**

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<b>BREAKFAST</b>				
Cereal	Pancakes	Waffle & Egg Sandwich	Cereal	Bagel
<b>LUNCH</b>				
Chicken Patty Sandwich Fruit	Turkey & Cheese Wrap Broccoli Fruit  *Snow Cones for Sale	Pizza Celery/Dip Fruit	Spaghetti & Meatballs Salad Roll Fruit  *Pretzels for Sale	Hot Dog Baked Beans Fruit  *French Fries for Sale
<b>SNACK</b>				
Cheese It Crackers	Pretzels	Chex Mix	Nachos W/ Salsa	Oreo Cookies

**Week Five: Oct 28-Nov 01****Second Choice: Turkey & Cheese**

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 01
<b>BREAKFAST</b>				
Cereal	Waffles	Blueberry Muffin	Cereal	Bagel
<b>LUNCH</b>				
Chicken Tenders Broccoli Fruit	Turkey Bologna Wrap Tater Tots Fruit  *Snow Cones for Sale	Pizza Salad Fruit	Hot beef W/ Gravy Mashed Potatoes Green Beans Fruit  *Pretzels for Sale	Hamburger/Cheese Burger W/ Bacon Peas Fruit  *French Fries for Sale
<b>SNACK</b>				
Goldfish	Apples	Banana	Cheese It Crackers	Chocolate Chip 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
- Snowballs For Sale on Tuesday's
- 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