



January 2022

(1% Milk is served with every meal) (Preschool 1:15 p.m. snack is in red)

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|--|--|--|--|---|
| 3 Chicken Nuggets Rice Vegetable Fruit Fruit & *Goldfish | 4 Soft Taco Fresh Fixin's Vegetable Fruit Fruit & *Cheerios | 5 Pancakes & Syrup Sausage Patty Vegetable Fruit Fruit & *Graham Crackers | 6 Turkey & Cheese Sandwich Vegetable Fruit Fruit & * Cheez-Its | 7 Corn Dog Buttered Pasta Vegetable Fruit Fruit & *Wheat Thins |
| 10 Hamburger Hotdish Vegetable Fruit Fruit & *Goldfish | 11 Rib Smile Fries Vegetable Fruit Fruit & *Cheerios | 12 Chicken Taco Lettuce, Cheese, Sour Cream, Rice Vegetable Fruit Fruit & *Graham Crackers | 13 Grilled Cheese Tomato Soup Vegetable Fruit Fruit & * Cheez-Its | 14 Hamburger/Bun Cheese Slice Vegetable Fruit Fruit & *Wheat Thins |
| 17 NO SCHOOL | 18 Pizza Extravaganza (French Bread/Cheese/ Personal/Quesadilla) Vegetable Fruit Fruit & *Cheerios | 19 Sloppy Joe/Bun Vegetable Fruit Fruit & *Graham Crackers | 20 Hot Dog & Bun Vegetable Fruit Fruit & * Cheez-Its | 21 Chicken Nuggets Rice Vegetable Fruit Fruit & *Wheat Thins |
| 24 NLSW Spaghetti/Meatsauce Breadstick Vegetable Fruit Fruit & *Goldfish | 25 NLSW Personal Pizza Vegetable Fruit Fruit & *Cheerios | 26 NLSW Macaroni & Cheese Turkey Slice Vegetable Fruit Fruit & *Graham Crackers | 27 NLSW Pizza Quesadilla Vegetable Fruit Fruit & * Cheez-Its | 28 NLSW Corn Dog Buttered Pasta Vegetable Fruit Fruit & *Wheat Thins |
| 31 Chicken & Gravy Mashed Potatoes Whole Grain Bun Vegetable Fruit Fruit & *Goldfish | | | | |
| ALL NATIONAL LUTHERAN SCHOOL MEALS WERE CHOSEN BY THE 8TH GRADE!!! | | | | |

***Whole Grain**
Student Lunch \$0.00
Non-Student Lunch \$5.00
Milk \$.50
Second Entrée (when available) \$.50
Second Fruit/Vegetable \$.25