

Emmaus Lutheran School Lunch Menu — January 2019 —

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 Pepperoni Pizza Broccoli Carrots Apple Sauce Milk	8 Chicken Soft Taco, Cheese Seasoned Black Beans Tortilla Chips Salsa Pears, Milk	9 Cheese Bread Stick, Marinara House Salad Peaches W.G. sugar Cookie Milk	10 Baked Turkey & Cheese Roll-up Pickle Spear Corn, Green beans Mixed Fruit W.G. Cheez-it Crackers, Milk	11 Cheese Omllet Salsa, Diced Ham Potato Stars W.G. Roll Orange Juice Milk
14 Cheese Burger Lettuce, Tomato, & pickles Sweet Potato Fries Apple Sauce Milk	15 Breaded Chicken Patty Sandwich Baked Beans Oven Roasted Potatoes Peaches, Milk	16 Mini Pancake Sausage Bites Oven Fries Dragon Punch Juice Baked Apples Milk	17 Beefy Nachos Salsa Cup Green beans Pineapple Rice Krispie-Mini Milk	18 Cheese Pizza Quesadilla Broccoli w/Ranch Corn Mixed Fruit Milk
21 No School -	22 Mac & Cheese Diced Ham House Salad W.G. Garlic Bread Pears Milk	23 Sloppy Joe Oven Fries Pickle Spear Frozen Fruit Slushie, Milk	24 Taco in a Bag Cheese, Salsa Seasoned Black Beans Mixed Fruit Milk	25 Salad Bar Strawberry Yogurt Cheese Stick Fresh Apple Slices W.G. Roll, Milk Rice Krispie-Mini
28 Cinnamon French Toast, Syrup Potato Stars Sausage Dragon Punch Juice Strawberries Milk	29 Grill Cheese Tomato Soup House Salad Diced Pears Milk	30 Chili Bean & Cheese Burrito Tortilla Chips & Salsa Refried Beans Apple Sauce, Milk	31 Chicken Tenders Mashed Potatoes Gravy Pickle Spear Peaches, Milk Rice Krispie-Mini	