

Emmaus Lutheran School Lunch Menu — January 2021 —

Monday	Tuesday	Wednesday	Thursday	Friday
				1 — No School —
4 Spaghetti & meat balls Greenbeans Roll Peaches milk	5 Chicken Fajita over Brown Rice Lettuce & Cheese Chips & Salsa Cherries milk	6 Ham & Cheese Sandwich Broccoli, Corn mini Rice Krispie Fresh Fruit Milk	7 Bar-B-Que Chicken Sandwich Pickle Spear Oven Fries Mixed Fruit Cheese stick Milk	8 Cheese Quesadilla Refried Beans Chips & Salsa Apple Sauce Milk
11 Chicken & Waffles Corn Greenbeans Baked Apples milk	12 Tomato Soup Grill Cheese Cookie Raisins milk	13 Turkey & Gravy over Brown Rice Broccoli, Carrots Roll Dried Cranberries Milk	14 Cheese burger Pickle Chips Sweet Potato Fries Baked Beans Cherries Milk	15 Fish Sticks Oven Fries Greenbeans Roll Apple Sauce Milk
18 — No School —	19 Cheese Breadsticks with Marinara Mixed Veggies mini Rice Krispie Pears, Milk	20 Chicken Fillet Sandwich Lettuce, Tomato, & Pickles Oven Fries Peaches, Milk	21 Hot Dog Shredded Cheese Baked Beans Sweet Potato Fries Apple Juice Milk	22 Spaghetti & Meatballs House Salad Garlic Bread Pears Milk
25 Cinnamon French Toast, Syrup Hash Brown Triangle Sausage Blueberries Juice, milk	26 Soft Tacos Refried Beans Shredded Cheese Chips & Salsa Mixed Fruit Milk	27 Cheese Pizza Broccoli Goldfish Pretzels Strawberries Milk	28 Chicken Tenders mac & Cheese Mixed Veggies Peaches Milk	29 Fish Sticks Oven Fries Greenbeans Roll Apple Sauce Milk