

**REDEEMER LUTHERAN SCHOOL**

*August, 2010*

8/2/2010	8/3/2010	8/4/2010	8/5/2010	8/6/2010
8/9/2010	8/10/2010	8/11/2010	8/12/2010	8/13/2010
8/16/2010	8/17/2010	8/18/2010	8/19/2010	8/20/2010
		<b>Chicken Tacos</b> Pinto Beans Spinach and Tomato Salad with Honey Mustard Fresh Fruit	<b>Meatloaf</b> Garlic Mashed Potatoes Peas Baguette Slices Fresh Fruit	<b>Ranch Style Pork Chili</b> Carrot and Apple Slaw Cornbread Fresh Fruit
8/23/2010	8/24/2010	8/25/2010	8/26/2010	8/27/2010
<b>Hot Dog on Whole Wheat Bun</b> Home Fries Cucumbers, Carrots and Celery with Ranch Dip Fresh Fruit	<b>Steak Burrito</b> Spanish Rice Roasted Vegetables Salsa Fresh Fruit	<b>Chicken Fingers</b> Sweet Potato Fries Peas and Cauliflower Fresh Fruit	<b>Turkey Chili Mac</b> Broccoli Baguette Slices Fresh Fruit	<b>Crunchy Chicken Legs</b> Potato Salad Spinach and Tomato Salad with Honey Mustard Fresh Fruit
8/30/2010	8/31/2010			
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Bean and Cheese Quesadillas</b> Basmati Rice Roasted Vegetables Salsa Fresh Fruit			

<b>Monday Alternatives:</b> Soup and Salad Entrée	<b>Tuesday Alternatives:</b> Turkey Sandwich on Whole Wheat Soup Variety	<b>Wednesday Alternatives:</b> Chicken Caesar Wrap Soup Variety	<b>Thursday Alternatives:</b> Grilled Ham and Cheese Soup Variety	<b>Friday Alternatives:</b> Hot Turkey Wrap Soup Variety
Soup Varieties: French Onion, Chicken Noodle, Tortilla Soup, Beef and Vegetable, Italian Wedding Soup with Meatballs, Minestrone, Tomato, Baked Potato Soup Rotating Fruit: Apples, Baked Apples, Oranges, Tangerines, Pineapple, Grapes, Melon, Bananas, Pears, Peaches				

**REDEEMER LUTHERAN SCHOOL**

*September, 2010*

		9/1/2010	9/2/2010	9/3/2010
		<b>BBQ Chicken Breast</b> Baked Beans Corn off the cob Fresh Fruit	<b>Pasta Bolognese</b> Broccoli with Lemon Focaccia Fresh Fruit	<b>Pork Fried Rice</b> w/ Carrots, Onions and Peas Fortune Cookie Fresh Fruit
9/6/2010	9/7/2010	9/8/2010	9/9/2010	9/10/2010
<b>Labor Day / No Lunch</b>	<b>Beef Stew with Potatoes and</b> Carrots Cornbread Fresh Fruit	<b>Chicken and Dumplings</b> Peas Fresh Fruit	<b>Spaghetti and Meatballs</b> Green Salad with Ranch Dressing Garlic Bread Fresh Fruit	<b>Teriyaki Chicken</b> Brown Rice Roasted Broccoli and Peppers Fresh Fruit
9/13/2010	9/14/2010	9/15/2010	9/16/2010	9/17/2010
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Mini Sliders on Whole Wheat Bun</b> Home Fries Lettuce, Tomato and Onion Fresh Fruit	<b>Chicken Taco</b> Pinto Beans Spinach and Tomato Salad with Honey Mustard Fresh Fruit	<b>Meatloaf</b> Garlic Mashed Potatoes Peas Baguette Slices Fresh Fruit	<b>Ranch Style Pork Chili</b> Carrot and Apple Slaw Cornbread Fresh Fruit
9/20/2010	9/21/2010	9/22/2010	9/23/2010	9/24/2010
<b>Hot Dog on Whole Wheat Bun</b> Home Fries Cucumbers, Carrots and Celery with Ranch Dip Fresh Fruit	<b>Steak Burrito</b> Spanish Rice Roasted Vegetables Salsa Fresh Fruit	<b>Chicken Fingers</b> Sweet Potato Fries Peas and Cauliflower Fresh Fruit	<b>Turkey Chili Mac</b> Broccoli Baguette Slices Fresh Fruit	<b>Crunchy Chicken Legs</b> Potato Salad Spinach and Tomato Salad with Honey Mustard Fresh Fruit
9/27/2010	9/28/2010	9/29/2010	9/30/2010	
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Bean and Cheese Quesadillas</b> Basmati Rice Roasted Vegetables Salsa Fresh Fruit	<b>BBQ Chicken Breast</b> Baked Beans Corn off the cob Fresh Fruit	<b>Pasta Bolognese</b> Broccoli with Lemon Focaccia Fresh Fruit	

<b>Monday Alternatives:</b> Soup and Salad Entrée	<b>Tuesday Alternatives:</b> Turkey Sandwich on Whole Wheat Soup Variety	<b>Wednesday Alternatives:</b> Chicken Caesar Wrap Soup Variety	<b>Thursday Alternatives:</b> Grilled Ham and Cheese Soup Variety	<b>Friday Alternatives:</b> Hot Turkey Wrap Soup Variety
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Soup Varieties: French Onion, Chicken Noodle, Tortilla Soup, Beef and Vegetable, Italian Wedding Soup with Meatballs, Minestrone, Tomato, Baked Potato Soup  
Rotating Fruit: Apples, Baked Apples, Oranges, Tangerines, Pineapple, Grapes, Melon, Bananas, Pears, Peaches

**REDEEMER LUTHERAN SCHOOL**

**October, 2010**

				10/1/2010
				<b>Pork Fried Rice</b> w/ Carrots, Onions and Peas Fortune Cookie Fresh Fruit
10/4/2010	10/5/2010	10/6/2010	10/7/2010	10/8/2010
<b>Sloppy Joe on Whole Wheat Buns</b> Stewed Green Beans & Tomatoes Fresh Fruit	<b>Beef Stew with Potatoes and</b> Carrots Cornbread Fresh Fruit	<b>Chicken and Dumplings</b> Peas Fresh Fruit	<b>Spaghetti and Meatballs</b> Green Salad with Ranch Dressing Garlic Bread Fresh Fruit	<b>Teriyaki Chicken</b> Brown Rice Roasted Broccoli and Peppers Fresh Fruit
10/11/2010	10/12/2010	10/13/2010	10/14/2010	10/15/2010
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Mini Sliders on Whole Wheat Bun</b> Home Fries Lettuce, Tomato and Onion Fresh Fruit	<b>Chicken Taco</b> Pinto Beans Spinach and Tomato Salad with Honey Mustard Fresh Fruit	<b>Meatloaf</b> Garlic Mashed Potatoes Peas Baguette Slices Fresh Fruit	<b>Ranch Style Pork Chili</b> Carrot and Apple Slaw Cornbread Fresh Fruit
10/18/2010	10/19/2010	10/20/2010	10/21/2010	10/22/2010
<b>Hot Dog on Whole Wheat Bun</b> Home Fries Cucumbers, Carrots and Celery with Ranch Dip Fresh Fruit	<b>Steak Burrito</b> Spanish Rice Roasted Vegetables Salsa Fresh Fruit	<b>Chicken Fingers</b> Sweet Potato Fries Peas and Cauliflower Fresh Fruit	<b>Turkey Chili Mac</b> Broccoli Baguette Slices Fresh Fruit	<p style="text-align: center;"><b>Half Day / No Lunch</b></p>
10/25/2010	10/26/2010	10/27/2010	10/28/2010	10/29/2010
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Bean and Cheese Quesadillas</b> Basmati Rice Roasted Vegetables Salsa Fresh Fruit	<b>BBQ Chicken Breast</b> Baked Beans Corn off the cob Fresh Fruit	<b>Pasta Bolognese</b> Broccoli with Lemon Focaccia Fresh Fruit	<b>Pork Fried Rice</b> w/ Carrots, Onions and Peas Fortune Cookie Fresh Fruit
<b>Monday Alternatives:</b> Soup and Salad Entrée	<b>Tuesday Alternatives:</b> Turkey Sandwich on Whole Wheat Soup Variety	<b>Wednesday Alternatives:</b> Chicken Caesar Wrap Soup Variety	<b>Thursday Alternatives:</b> Grilled Ham and Cheese Soup Variety	<b>Friday Alternatives:</b> Hot Turkey Wrap Soup Variety
Soup Varieties: Rotating Fruit:	French Onion, Chicken Noodle, Tortilla Soup, Beef and Vegetable, Italian Wedding Soup with Meatballs, Minestrone, Tomato, Baked Potato Soup Apples, Baked Apples, Oranges, Tangerines, Pineapple, Grapes, Melon, Bananas, Pears, Peaches			

**REDEEMER LUTHERAN SCHOOL**

*November, 2010*

11/1/2010	11/2/2010	11/3/2010	11/4/2010	11/5/2010
<b>Sloppy Joe on Whole Wheat Buns</b> Stewed Green Beans and Tomato Fresh Fruit	<b>Beef Stew with Potatoes and Carrots</b> Cornbread Fresh Fruit	<b>Chicken and Dumplings</b> Peas Fresh Fruit	<b>Spaghetti and Meatballs</b> Green Salad with Ranch Dressing Garlic Bread Fresh Fruit	<b>Teriyaki Chicken</b> Brown Rice Roasted Broccoli and Peppers Fresh Fruit
11/8/2010	11/9/2010	11/10/2010	11/11/2010	11/12/2010
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Mini Sliders on Whole Wheat Bun</b> Home Fries Lettuce, Tomato and Onion Fresh Fruit	<b>Chicken Taco</b> Pinto Beans Spinach and Tomato Salad with Honey Mustard Fresh Fruit	<b>Meatloaf</b> Garlic Mashed Potatoes Peas Baguette Slices Fresh Fruit	<b>Ranch Style Pork Chili</b> Carrot and Apple Slaw Cornbread Fresh Fruit
11/15/2010	11/16/2010	11/17/2010	11/18/2010	11/19/2010
<b>Hot Dog on Whole Wheat Bun</b> Home Fries Cucumbers, Carrots and Celery with Ranch Dip Fresh Fruit	<b>Steak Burrito</b> Spanish Rice Roasted Vegetables Salsa Fresh Fruit	<b>Chicken Fingers</b> Sweet Potato Fries Peas and Cauliflower Fresh Fruit	<b>Turkey Chili Mac</b> Broccoli Baguette Slices Fresh Fruit	<b>Crunchy Chicken Legs</b> Potato Salad Spinach and Tomato Salad with Honey Mustard Fresh Fruit
11/22/2010	11/23/2010	11/24/2010	11/25/2010	11/26/2010
<b>Thanksgiving Break / No Lunch Service</b>				
11/29/2010	11/30/2010			
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Bean and Cheese Quesadillas</b> Basmati Rice Roasted Vegetables Salsa Fresh Fruit			

<b>Monday Alternatives:</b> Soup and Salad Entrée	<b>Tuesday Alternatives:</b> Turkey Sandwich on Whole Wheat Soup Variety	<b>Wednesday Alternatives:</b> Chicken Caesar Wrap Soup Variety	<b>Thursday Alternatives:</b> Grilled Ham and Cheese Soup Variety	<b>Friday Alternatives:</b> Hot Turkey Wrap Soup Variety
Soup Varieties: French Onion, Chicken Noodle, Tortilla Soup, Beef and Vegetable, Italian Wedding Soup with Meatballs, Minestrone, Tomato, Baked Potato Soup Rotating Fruit: Apples, Baked Apples, Oranges, Tangerines, Pineapple, Grapes, Melon, Bananas, Pears, Peaches				

**REDEEMER LUTHERAN SCHOOL**

*December, 2010*

		12/1/2010	12/2/2010	12/3/2010
		<b>BBQ Chicken Breast</b> Baked Beans Corn off the cob Fresh Fruit	<b>Pasta Bolognese</b> Broccoli with Lemon Focaccia Fresh Fruit	<b>Pork Fried Rice</b> w/ Carrots, Onions and Peas Fortune Cookie Fresh Fruit
12/6/2010	12/7/2010	12/8/2010	12/9/2010	12/10/2010
<b>Sloppy Joe on Whole Wheat Buns</b> Stewed Green Beans and Tomato Fresh Fruit	<b>Beef Stew with Potatoes and</b> Carrots Cornbread Fresh Fruit	<b>Chicken and Dumplings</b> Peas Fresh Fruit	<b>Spaghetti and Meatballs</b> Green Salad with Ranch Dressing Garlic Bread Fresh Fruit	<b>Teriyaki Chicken</b> Brown Rice Roasted Broccoli and Peppers Fresh Fruit
12/13/2010	12/14/2010	12/15/2010	12/16/2010	12/17/2010
<b>Cheese or Pepperoni Pizza</b> Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	<b>Mini Sliders on Whole Wheat Bun</b> Home Fries Lettuce, Tomato and Onion Fresh Fruit	<b>Chicken Taco</b> Pinto Beans Spinach and Tomato Salad with Honey Mustard Fresh Fruit	<b>Meatloaf</b> Garlic Mashed Potatoes Peas Baguette Slices Fresh Fruit	<b>Early Release - No Lunch</b>
12/20/2010	12/21/2010	12/22/2010	12/23/2010	12/24/2010
<b>Christmas Break / No Lunch Service</b>				
12/27/2010	12/28/2010	12/29/2010	12/30/2010	12/31/2010
<b>Christmas Break / No Lunch Service</b>				

<b>Monday Alternatives:</b> Soup and Salad Entrée	<b>Tuesday Alternatives:</b> Turkey Sandwich on Whole Wheat Soup Variety	<b>Wednesday Alternatives:</b> Chicken Caesar Wrap Soup Variety	<b>Thursday Alternatives:</b> Grilled Ham and Cheese Soup Variety	<b>Friday Alternatives:</b> Hot Turkey Wrap Soup Variety
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Soup Varieties: French Onion, Chicken Noodle, Tortilla Soup, Beef and Vegetable, Italian Wedding Soup with Meatballs, Minestrone, Tomato, Baked Potato Soup  
 Rotating Fruit: Apples, Baked Apples, Oranges, Tangerines, Pineapple, Grapes, Melon, Bananas, Pears, Peaches