**Lunch Menu –January 2019**

St. John Lutheran School

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | 1**No School** | 2**No School** | 3**STANDARD TRAY**  Cheeseburger**HEALTHY OPTION**  Chef Salad w/ Egg, Turkey and Ham**CHEF’S SPECIAL**  Loaded Baked Potato   | 4**STANDARD TRAY**  Pizza**HEALTHY OPTION** Chicken Noodle Soup w/Roll **CHEF’S SPECIAL** Chicken Caesar Salad |
| 7**STANDARD TRAY**  Breakfast/Biscuit w/Gravy**HEALTHY OPTION**  Spaghetti w/Tomato Sauce**CHEF’S SPECIAL** Turkey w/Gravy and Mashed Potatoes | 8**STANDARD TRAY**  Toasted Ravioli w/Sauce**HEALTHY OPTION**  Baked Chicken Legs w/choice of sauce**CHEF’S SPECIAL**  Loaded Baked Potato   | 9**STANDARD TRAY**  Pizza**HEALTHY OPTION** Chicken Noodle Soup w/Roll **CHEF’S SPECIAL** Chicken Caesar Salad | 10**STANDARD TRAY**  Sloppy Joes**HEALTHY OPTION**  Grilled Chicken Tacos**CHEF’S SPECIAL** Buffalo Chicken Salad | 11**STANDARD TRAY**  Butter Noodles w/parmigiana cheese**HEALTHY OPTION**  Tuna Salad Wrap**CHEF’S SPECIAL** Chicken Fried Chicken w/mashed potatoes |
| 14**STANDARD TRAY**  Breakfast/French Toast**HEALTHY OPTION**  Tossed Salad w/Chicken**CHEF’S SPECIAL** Turkey Melt | 15**STANDARD TRAY**  Cheese Burger**HEALTHY OPTION**  Chef Salad w/ Egg, Turkey and Ham**CHEF’S SPECIAL**  Loaded Baked Potato   | 16**STANDARD TRAY**  Pizza**HEALTHY OPTION** Chicken Noodle Soup w/Roll **CHEF’S SPECIAL** Chicken Caesar Salad | 17**STANDARD TRAY**  Chicken Strips**HEALTHY OPTION**  Turkey Club Wrap**CHEF’S SPECIAL**  Potato Soup | 18**STANDARD TRAY**  Sweet and Sour Chicken**HEALTHY OPTION**  Chef Salad w/ Egg, Turkey and Ham**CHEF’S SPECIAL**  Loaded Baked Potato Soup |
| 21**Martin Luther King Jr. Day** | 22 **STANDARD TRAY**  Toasted Ravioli w/Sauce**HEALTHY OPTION**  Baked Chicken Legs w/choice of sauce**CHEF’S SPECIAL**  Loaded Baked Potato   | 23**STANDARD TRAY**  Pizza**HEALTHY OPTION** Chicken Noodle Soup w/Roll **CHEF’S SPECIAL** Chicken Caesar Salad | 24**STANDARD TRAY**  Sloppy Joes**HEALTHY OPTION**  Grilled Chicken Tacos**CHEF’S SPECIAL** Buffalo Chicken Salad | 25**STANDARD TRAY**  Butter Noodles w/parmigiana cheese**HEALTHY OPTION**  Tuna Salad Wrap**CHEF’S SPECIAL** Chicken Fried Chicken w/mashed potatoes |
| 28**STANDARD TRAY**  Breakfast/Biscuit w/Gravy**HEALTHY OPTION**  Spaghetti w/Tomato Sauce**CHEF’S SPECIAL** Turkey w/Gravy and Mashed Potatoes | 29**STANDARD TRAY**  Sweet and Sour Chicken**HEALTHY OPTION**  Chef Salad w/ Egg, Turkey and Ham**CHEF’S SPECIAL**  Loaded Baked Potato   | 30**STANDARD TRAY**  Pizza**HEALTHY OPTION** Chicken Noodle Soup w/Roll **CHEF’S SPECIAL** Chicken Caesar Salad | 31 **STANDARD TRAY**  Chicken Strips**HEALTHY OPTION**  Turkey Club Wrap**CHEF’S SPECIAL**  Potato Soup | 1 |