**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 |