



Risen Savior Lutheran School Menu Jan -March 2019

Week 1: Monday – Jan 21 - CLOSED

Week 1: Wednesday – Jan 23

LUNCH: Veggie Ground Beef Pasta Bake with Cheese, Peaches

Veggie Ground Beef Pasta Bake (Marinara Sauce [Ground Tomatoes (Tomatoes, Citric Acid), Carrots, Celery, Onion, Garlic, Spinach, Basil, Oregano, Salt, Pepper], Ground Beef, Whole Grain Pasta (100% Whole Wheat) (DF, Egg Free))

Week 1: Friday – Jan 25

LUNCH: Cheesy Egg Bake, Potatoes, Mandarin Oranges

Egg Bake: Eggs, Cheese, Water, Milk, Whole Grain Bread

Week 2: Monday -Jan 28

LUNCH: Mac-N-Cheese Pasta with Beef, Green Bean, Mixed Fruit

Mac-N-Cheese Pasta with Beef: Whole Grain Pasta (100% Whole Wheat), Ground Beef, Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), Shredded Cheddar Cheese (Cheddar Cheese (Pasteurized milk, Cheese Culture, Salt, Enzymes, Annatto Color), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a natural mold inhibitor) Contains Milk), All Purpose Flour, Salt, Pepper

Week 2: Wednesday – Jan 30

LUNCH: Chicken Taco Bake with Brown Rice, Pineapple

Chicken Taco Bake: Chicken, Tomatoes Petite Diced (tomatoes, tomato puree, salt, calcium, chloride and citric acid), green onions, bell peppers, brown rice, garlic, cumin, oregano, Roasted Red Pepper (Roasted Peppers, Water, Sea Salt, Citric Acid), Shredded Cheddar Cheese: (cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, artificial color), potato starch added, powdered cellulose added to prevent caking, natamycin as a natural mold inhibitor), Tortilla Chips (white corn, vegetable oil (consisting of one or more of the following: corn, cottonseed, canola, sunflower or soybean oil), oat fiber, salt), Kidney Beans (prepared dark red kidney beans, water, sugar, salt, calcium chloride (firming agent), disodium EDTA added for color retention), salt, pepper (GF, Egg Free))

Week 2: Friday – Feb 1

LUNCH: Rainbow Quinoa Soup, Whole Grain Corn Bread, Mandarin Oranges

Rainbow Quinoa Soup (Chicken Stock (Water, Chicken Bones, Celery, Carrots, Onions, Garlic, Parsley, Bay Leaf, Thyme, Peppercorns), Petite Diced Tomatoes (Tomatoes, Tomato Puree, Salt, Calcium Chloride and Citric Acid), Chicken, Chickpeas (Prepared Chick Peas, Water, Salt, Calcium Chloride Added as a Firming Agent, and Disodium EDTA Added to Preserve Color)), Black-eyed Peas (Prepared Blackeye peas, water, salt, calcium chloride, disodium EDTA added for color retention), kale, yams, celery, carrot, red onion, water, red and golden quinoa, garlic, olive oil, salt, cumin, oregano, pepper) (GF, DF, Egg Free)



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Week 3: Monday – Feb 4

LUNCH: Chicken and Veggie Stir Fry, Brown Rice Pineapple

Chicken and Veggie Stir Fry with Brown Rice: Chicken, broccoli, Cauliflower, Carrots, Brown Rice, Olive Oil, Salt, Pepper (GF, DF, Egg Free)

Week 3: Wednesday – Feb 6

LUNCH: Creamy Ground Beef, Wild Rice and Onions, Mashed Potatoes, Mixed Fruit

Ground Beef, Wild Rice and Onions (Ground Beef, Wild Rice, Onion, salt and pepper, Onion Powder, Garlic Powder, Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), All Purpose Flour, Salt, Pepper. (Egg Free)

GF, DF, NO BEEF SUB: Chicken, Wild Rice and Onions

Mashed Potatoes (Potatoes, Olive Oil, Salt, Pepper) (GF,DF, Egg Free)

Week 3: Friday – Feb 8

LUNCH: Turkey Sloppy Joes, Whole Grain Bun, Green Beans, Pears

Turkey Sloppy Joes: Ground Turkey (Turkey, Rosemary Extract), Ground Tomato (Vine-ripened fresh tomatoes, salt and naturally derived citric acid), Tomato Paste (Tomatoes), Brown Sugar, Apple Cider Vinegar (cider vinegar reduced with water to 5% acidity), salt, pepper (GF, DF, Egg Free)

Week 4: Monday – Feb 11

LUNCH: Scalloped Potatoes with Ground Turkey, Whole Grain Pumpkin Bread, Peaches

Scalloped Potatoes with Ground Turkey: Ground Turkey (Turkey, Rosemary Extract), Potatoes, Green Onions, Shredded Cheddar Cheese (Cheddar Cheese (Pasteurized milk, Cheese Culture, Salt, Enzymes, Annatto Color), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a natural mold inhibitor) Contains Milk), Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), Potatoes, All Purpose Flour, Salt, Pepper. (GF, Egg Free)

Week 4: Wednesday – Feb 13

LUNCH: Spaghetti Bake with Ground Turkey, Mandarin Oranges

Spaghetti Bake with Ground Turkey (Marinara Sauce [Ground Tomatoes (Tomatoes, Citric Acid), Carrots, Celery, Onion, Garlic, Spinach, Basil, Oregano, Salt, Pepper], Ground Turkey, Whole Grain Pasta (100% Whole Wheat)

Week 4: Friday – Feb 15 – No Classes



Risen Savior Lutheran School Menu Jan -March 2019

Week 1: Monday- Feb 18

LUNCH: Twice Baked Turkey Hotdish, Whole Grain Corn Bread, Pears

Twice Baked Hotdish: (potatoes, broccoli, Ground Turkey (Turkey, Rosemary Extract), Shredded Cheddar Cheese (Cheddar Cheese (Pasteurized milk, Cheese Culture, Salt, Enzymes, Annatto Color), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a natural mold inhibitor) Contains Milk), Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), All Purpose Flour, Salt, Pepper.

Whole Grain Corn Bread+ (Ingredient List Below)

Week 1: Wednesday – Feb 20

LUNCH: Veggie Ground Beef Pasta Bake with Cheese, Peaches

Veggie Ground Beef Pasta Bake (Marinara Sauce [Ground Tomatoes (Tomatoes, Citric Acid), Carrots, Celery, Onion, Garlic, Spinach, Basil, Oregano, Salt, Pepper], Ground Beef, Whole Grain Pasta (100% Whole Wheat) (DF, Egg Free)

Week 1: Friday – Feb 22

LUNCH: Cheesy Egg Bake, Potatoes, Mandarin Oranges

Egg Bake: Eggs, Cheese, Water, Milk, Whole Grain Bread

Week 2: Monday – Feb 25

LUNCH: Mac-N-Cheese Pasta with Beef, Green Bean, Mixed Fruit

Mac-N-Cheese Pasta with Beef: Whole Grain Pasta (100% Whole Wheat), Ground Beef, Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), Shredded Cheddar Cheese (Cheddar Cheese (Pasteurized milk, Cheese Culture, Salt, Enzymes, Annatto Color), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a natural mold inhibitor) Contains Milk), All Purpose Flour, Salt, Pepper

Week 2: Wednesday – Feb 27

LUNCH: Chicken Taco Bake with Brown Rice, Pineapple

Chicken Taco Bake: Chicken, Tomatoes Petite Diced (tomatoes, tomato puree, salt, calcium, chloride and citric acid), green onions, bell peppers, brown rice, garlic, cumin, oregano, Roasted Red Pepper (Roasted Peppers, Water, Sea Salt, Citric Acid), Shredded Cheddar Cheese: (cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, artificial color), potato starch added, powdered cellulose added to prevent caking, natamycin as a natural mold inhibitor), Tortilla Chips (white corn, vegetable oil (consisting of one or more of the following: corn, cottonseed, canola, sunflower or soybean oil), oat fiber, salt), Kidney Beans (prepared dark red kidney beans, water, sugar, salt, calcium chloride (firming agent), disodium EDTA added for color retention), salt, pepper (GF, Egg Free)

Week 2: Friday – March 1

LUNCH: Rainbow Quinoa Soup, Whole Grain Corn Bread, Mandarin Oranges

Rainbow Quinoa Soup (Chicken Stock (Water, Chicken Bones, Celery, Carrots, Onions, Garlic, Parsley, Bay Leaf, Thyme, Peppercorns), Petite Diced Tomatoes (Tomatoes, Tomato Puree, Salt, Calcium Chloride and Citric Acid), Chicken, Chickpeas (Prepared Chick Peas, Water, Salt, Calcium Chloride Added as a Firming Agent, and Disodium EDTA Added to Preserve Color)), Black-eyed Peas (Prepared Blackeye peas, water, salt, calcium chloride, disodium EDTA added for color retention), kale, yams, celery, carrot, red onion, water, red and golden quinoa, garlic, olive oil, salt, cumin, oregano, pepper) (GF, DF, Egg Free)



Risen Savior Lutheran School Menu Jan -March 2019

Week 3: Monday -March 4

LUNCH: Chicken and Veggie Stir Fry, Brown Rice Pineapple

Chicken and Veggie Stir Fry with Brown Rice: Chicken, broccoli, Cauliflower, Carrots, Brown Rice, Olive Oil, Salt, Pepper (GF, DF, Egg Free)

Week 3: Wednesday – March 6

LUNCH: Creamy Ground Beef, Wild Rice and Onions, Mashed Potatoes, Mixed Fruit

Ground Beef, Wild Rice and Onions (Ground Beef, Wild Rice, Onion, salt and pepper, Onion Powder, Garlic Powder, Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), All Purpose Flour, Salt, Pepper. (Egg Free)

GF, DF, NO BEEF SUB: Chicken, Wild Rice and Onions

Mashed Potatoes (Potatoes, Olive Oil, Salt, Pepper) (GF,DF, Egg Free)

Week 3: Friday – March 8

LUNCH: Turkey Sloppy Joes, Whole Grain Bun, Green Beans, Pears

Turkey Sloppy Joes: Ground Turkey (Turkey, Rosemary Extract), Ground Tomato (Vine-ripened fresh tomatoes, salt and naturally derived citric acid), Tomato Paste (Tomatoes), Brown Sugar, Apple Cider Vinegar (cider vinegar reduced with water to 5% acidity), salt, pepper (GF, DF, Egg Free)

Week 4: Monday – March 11

LUNCH: Scalloped Potatoes with Ground Turkey, Whole Grain Pumpkin Bread, Peaches

Scalloped Potatoes with Ground Turkey: Ground Turkey (Turkey, Rosemary Extract), Potatoes, Green Onions, Shredded Cheddar Cheese (Cheddar Cheese (Pasteurized milk, Cheese Culture, Salt, Enzymes, Annatto Color), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a natural mold inhibitor) Contains Milk), Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), Potatoes, All Purpose Flour, Salt, Pepper. (GF, Egg Free)

Week 4: Wednesday – March 13

LUNCH: Spaghetti Bake with Ground Turkey, Mandarin Oranges

Spaghetti Bake with Ground Turkey (Marinara Sauce [Ground Tomatoes (Tomatoes, Citric Acid), Carrots, Celery, Onion, Garlic, Spinach, Basil, Oregano, Salt, Pepper], Ground Turkey, Whole Grain Pasta (100% Whole Wheat)

Week 4: Friday – March 15

LUNCH: Beef Sloppy Joes, Whole Grain Buns, Cauliflower, Pears

Beef Sloppy Joes: Ground Beef, Ground Tomato (Vine-ripened fresh tomatoes, salt and naturally derived citric acid), Tomato Paste (Tomatoes), Brown Sugar, Apple Cider Vinegar (cider vinegar reduced with water to 5% acidity), salt, pepper (GF, DF, Egg Free)



Risen Savior Lutheran School Menu Jan -March 2019

Week 1: Monday – March 18

LUNCH: Twice Baked Turkey Hotdish, Whole Grain Corn Bread, Pears

Twice Baked Hotdish: (potatoes, broccoli, Ground Turkey (Turkey, Rosemary Extract), Shredded Cheddar Cheese (Cheddar Cheese (Pasteurized milk, Cheese Culture, Salt, Enzymes, Annatto Color), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a natural mold inhibitor) Contains Milk), Half & Half (Milk, Cream, Less than 1% Sodium Citrate and Disodium Phosphate), All Purpose Flour, Salt, Pepper.

Whole Grain Corn Bread+ (Ingredient List Below)

Week 1: Wednesday – March 20

LUNCH: Veggie Ground Beef Pasta Bake with Cheese, Peaches

Veggie Ground Beef Pasta Bake (Marinara Sauce [Ground Tomatoes (Tomatoes, Citric Acid), Carrots, Celery, Onion, Garlic, Spinach, Basil, Oregano, Salt, Pepper], Ground Beef, Whole Grain Pasta (100% Whole Wheat) (DF, Egg Free))

Week 1: Friday – March 22

LUNCH: Cheesy Egg Bake, Potatoes, Mandarin Oranges

Egg Bake: Eggs, Cheese, Water, Milk, Whole Grain Bread

Week 2: Monday – March 25 – CLOSED

Week 2: Wednesday – March 27

LUNCH: Chicken Taco Bake with Brown Rice, Pineapple

Chicken Taco Bake: Chicken, Tomatoes Petite Diced (tomatoes, tomato puree, salt, calcium, chloride and citric acid), green onions, bell peppers, brown rice, garlic, cumin, oregano, Roasted Red Pepper (Roasted Peppers, Water, Sea Salt, Citric Acid), Shredded Cheddar Cheese: (cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, artificial color), potato starch added, powdered cellulose added to prevent caking, natamycin as a natural mold inhibitor), Tortilla Chips (white corn, vegetable oil (consisting of one or more of the following: corn, cottonseed, canola, sunflower or soybean oil), oat fiber, salt), Kidney Beans (prepared dark red kidney beans, water, sugar, salt, calcium chloride (firming agent), disodium EDTA added for color retention), salt, pepper (GF, Egg Free))

Week 2: Friday -March 29

LUNCH: Rainbow Quinoa Soup, Whole Grain Corn Bread, Mandarin Oranges

Rainbow Quinoa Soup (Chicken Stock (Water, Chicken Bones, Celery, Carrots, Onions, Garlic, Parsley, Bay Leaf, Thyme, Peppercorns), Petite Diced Tomatoes (Tomatoes, Tomato Puree, Salt, Calcium Chloride and Citric Acid), Chicken, Chickpeas (Prepared Chick Peas, Water, Salt, Calcium Chloride Added as a Firming Agent, and Disodium EDTA Added to Preserve Color)), Black-eyed Peas (Prepared Blackeye peas, water, salt, calcium chloride, disodium EDTA added for color retention), kale, yams, celery, carrot, red onion, water, red and golden quinoa, garlic, olive oil, salt, cumin, oregano, pepper) (GF, DF, Egg Free)