



# 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)



## Risen Savior Lutheran School Menu Jan -March 2019

### **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)