




Saint Lucas Lutheran School

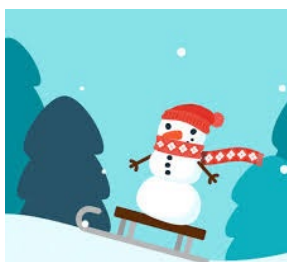
MCFI

K-8 Hot Lunch



January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 NATIONAL BEAN DAY WG Beef and Cheese Burrito Taco Sauce Packet Seasoned Beans Seasonal Fruit Choice of Milk 	7 Turkey Hot Dog on WG Bun Ketchup Packet Steamed Corn Seasonal Fruit Choice of Milk
10 Baked Chicken Leg WG Biscuit with Margarine Baked Beans Seasonal Fruit Choice of Milk	11 NATIONAL MILK DAY Salisbury Steak WG Dinner Roll with Margarine Mashed Potatoes Seasonal Fruit Choice of Milk 	12 WG Calzone Marinara Sauce Cup Baby Carrots Seasonal Fruit Choice of Milk	13 BRUNCH FOR LUNCH Chicken Smackers (10) WG Waffle or Pancake Pouch Syrup Cup and BBQ Packet Sunset Sip Juice Seasonal Fruit Choice of Milk	14 Domino's Cheese Pizza Romaine Salad with Ranch Seasonal Fruit Choice of Milk
17 NO SCHOOL	18 Chicken Corn Dog Ketchup Packet Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	19 BBQ Chicken on WG Bun Roasted Potatoes Ketchup Packet Seasonal Fruit Choice of Milk	20 NATIONAL CHEESE LOVER'S DAY  WG Cheese Pizza Sticks Marinara Cup Baby Carrots Seasonal Fruit Choice of Milk	21 Homemade Beef and Bean Chili with Shredded Cheese and Noodles Whole Grain Cornbread with Honey Seasonal Fruit Choice of Milk
24 BRUNCH FOR LUNCH Chicken Breakfast Sausage, Egg and Cheese Breakfast Sandwich on WG Biscuit Grape Jelly Sunset Sip Juice Seasonal Fruit Choice of Milk	25 Hamburger on WG Bun Ketchup Packet Steamed Corn Seasonal Fruit Choice of Milk	26 Chicken Nachos with WG Tortilla Chips, Shredded Cheese, Shredded Lettuce and Salsa Cup WG Graham Cracker Seasonal Fruit Choice of Milk	27 Homemade Sloppy Joe on WG Bun Baked Beans Seasonal Fruit Choice of Milk	28 Italian Meatball Sub with Shredded Cheese on WG Bun Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk
31 Non-WG Mac and Cheese WG Chicken Smackers (5) with BBQ Packet WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit Choice of Milk	MILK FOR SCHOOL: LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.			



January Nutrition Tip: Stay Active!

It is important to stay active even during the winter months. Get outside (or stay indoors) and spend some quality time with family while staying physically active. Outdoors you can get some extra Vitamin D too (yes even in winter!)

Source: mkewithkids.com

For ideas, click the QR Code!



Return to the school office by Tuesday, December 21.

Email to Mrs. Kiedrowski dkiedrowski@saintlucas.org

PLEASE fill out a separate meal calendar for each child in your family

January Student Meal Calendar

Student Name _____ Grade _____

Place an "X" in the box
on the days your child would like lunch

*Saint Lucas Lutheran School is participating in the USDA Seamless Summer Option (SSO) for
The entirety of the 2021-2022 school year offering free price lunch to all families.*

Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 3 NO SCHOOL	Jan. 4 NO SCHOOL	Jan. 5 NO SCHOOL	Jan. 6	Jan. 7
Jan. 10	Jan. 11	Jan. 12	Jan. 13	Jan. 14
Jan. 17 NO SCHOOL	Jan. 18	Jan. 19	Jan. 20	Jan. 21
Jan. 24	Jan. 25	Jan. 26	Jan. 27	Jan. 28
Jan. 31				

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