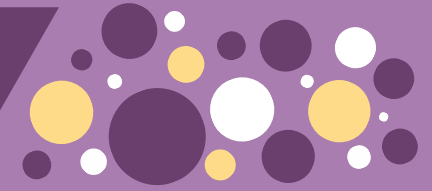


# January 2024 Menu

Our Saviors Lutheran School



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <i>Happy New Year</i>	<b>2</b> Cheese Pizza (41) Fresh Vegetables & Fruit (15)	<b>3</b> Pasta (38) & Meat Sauce (9) Breadstick (17) Romaine Lettuce Broccoli & Fruit (15)	<b>4</b> Corn Dog (30) Cauliflower & Fresh Vegetables Fruit (15)	<b>5</b> <b>Brunch for Lunch!</b> French Toast Sticks (60) Cheese Omelet Fresh Vegetables & Fruit (15)
<b>8</b> Quesadilla Pizza (39) Carrots & Corn (17) Fruit (8) (15)	<b>9</b> Beef Nachos (38) Spanish Rice (19) Refried Beans (10) Romaine Lettuce & Fruit (15)	<b>10</b> Hot Dog (28) Baked Beans (23) Celery Fruit (15)	<b>11</b> Mr. Rib (35) Potato Smiles (20) & Celery Fruit (15)	<b>12</b> Grilled Cheese (30) Tomato Soup (17) Sunflower Seeds (11) Fresh Vegetables & Fruit (15)
<b>15</b> <b>No School</b>	<b>16</b> Mac & Cheese (32) Breadstick (17) Baked Beans (30) Cauliflower & Fruit (15)	<b>17</b> Deli Sandwich (26) Romaine Lettuce & Carrots Fruit (15)	<b>18</b> Chili (32) with Cheese Dinner Roll (14) Goldfish Crackers (14) Corn (17), Celery & Fruit (15)	<b>19</b> Pancakes (20) Eggs Yogurt Cup (15) Fresh Vegetables & Fruit (15)
<b>22</b> Chicken Burger (32) Broccoli, Carrots & Fruit (15)	<b>23</b> Beef Taco with Cheese and Fixings (34) Refried Beans (10) Celery & Fruit (15)	<b>24</b> Pepperoni Pizza (32) Broccoli Cauliflower Fruit (15)	<b>25</b> Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14) Carrots & Fruit (15)	<b>26</b> Italian Dunkers (32) Marinara Sauce (5) Spiced Pinto Beans (24) Fresh Vegetables & Fruit (15)
<b>29</b> Chicken Strips (22) Dinner Roll (14) Corn (17) Carrots & Fruit (15)	<b>30</b> Cheeseburger on a Bun (28) Baked Beans (23) Cucumbers Fruit (15)	<b>31</b> Pasta (38) & Meat Sauce (9) Breadstick (17) Romaine Lettuce Broccoli & Fruit (15)		

### Payments

School breakfast and lunch will be free this year! If you want to purchase snack milk, or a milk for a cold lunch, your student's account will be charged. All lunch payments will be done online at [linqconnect.com](http://linqconnect.com). No cash payments will be accepted.

### Prices

Students: FREE  
Adult Price: \$4.95  
Extra Milk: \$0.50  
Lactose Free Milk: \$1.00

### Daily Milk Choices

Plain Skim (13)  
Plain 1% (13)  
Chocolate Skim (20)  
Lactose Free (upon request)

### Carbohydrate Count

Numbers listed in parentheses () are the carbohydrate for that item in full.

### Questions?

Contact Emily Scheresky at [emilyscheresky@isd593.org](mailto:emilyscheresky@isd593.org) or 218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.