

Newton's Eat-In Adventure

MAY 2019



ST. JOHN LUTHERAN LUNCH MENU

DAILY OFFERING 3 ENTREES – THE ROTATING CLASSIC MEAL, NEWTON MEAL (MUFFIN OR BAGEL W/ YOGURT & STRING CHEESE) OR M-W-F: DELI SANDWICH AND T&T: CHICKEN CAESAR SALAD
LUNCH PRICES: STUDENTS \$2.40 REDUCED \$0.40 ADULT \$3.10 MILK \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pepperoni Pizza Fresh Romaine Salad Steamed Carrots Choice of Fruit	2 Cheeseburger Crispy Baked Fries Steamed Broccoli Choice of Fruit	3 Mini Corn Dogs Brown Rice Steamed Mixed Veggies Choice of Fruit
6 <u>No School</u>	7 Cheesy Beef Nachos Pinto Beans Salsa Choice of Fruit	8 Pasta w/Meat Sauce Popeye Salad Garlic Breadstick Steamed Italian Veggies Choice of Fruit	9 Cheese Pizza Crisp Romaine Salad Seasoned Green Beans Pineapple Tidbits <i>FP</i>	10 Pancakes w/Syrup Scrambled Eggs Tater Tots Crunchy Baby Carrots Choice of Fruit
13 Mini Corn Dogs Mashed Potatoes Steamed Broccoli Cherry Tomatoes Choice of Fruit	14 Walking Taco Cilantro-Lime Rice Mexi-Corn Crisp Romaine Lettuce Black Beans Choice of Fruit	15 Pepperoni Pizza Garden Fresh Salad Steamed Mixed Veggies Choice of Fruit	16 Crispy Chicken Patty on a WG Bun Baked Waffle Fries Seasoned Green Beans Choice of Fruit	17 Meatball Marinara WG Pasta Romaine Salad Garlic Breadstick Choice of Fruit
20 Cheeseburger Crispy Potato Wedges Baked Beans Fresh Baby Carrots Choice of Fruit	21 Sweet & Sour Chicken Nuggets Brown Rice Orange Glazed Carrots Fresh Broccoli Trees Choice of Fruit	22 Hot Dog on a Bun Crispy Baked Fries Celery Sticks w/Ranch Choice of Fruit	23 Pizza Dippers w/Marinara Chopped Romaine Salad Steamed Carrots Choice of Fruit	24 American Club Sub Crisp Baby Carrots Celery Sticks Choice of Fruit
27 <u>No School</u>	28 Mini Corn Dogs Crispy Baked Fries Seasoned Green Beans Choice of Fruit	29 Pancakes w/Syrup Scrambled Eggs Tater Tots Crisp Baby Carrots Choice of Fruit	30 Golden Chicken Nuggets Sweet Corn Fresh Cherry Tomatoes Choice of Fruit	31 <u>Half Day</u> <u>No Lunch Served</u>

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at whitnallschools@aviands.com or call 414-525-8430

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