



Trinity Lutheran School Menu

Salad bar items change daily, from local sourced farms!

SEPTEMBER 2024 MENU

Breakfast 7:45a-8:05a includes milk
Lunch 11:00a-1:05p includes milk AND salad bar

All Menus Subject to Change
Student Breakfast \$2.85, staff/guests \$4.00
Student Lunch \$4.25, staff/guests \$6.00
Salad bar only: staff/guests \$3.50
Chocolate or low-fat plain MILK \$.50
All menus can be modified for students with special diets.
Daily offering of proteins, whole grains,
as many veggies as like and choice of 1 fruit.
Most foods are sourced locally from Midwest farms.

Mon	Tue	Wed	Thu	Fri
2 LABOR DAY NO SCHOOL	3 TRY IT TUESDAY!! B-Rise and Shine Strawberry Oats, Juice L-Caprese Flatbread Pizza, Cucumbers, Carrots Pears	4 B-Egg, Bagel, Fruit L- Hotdog on Bun Waffle Fries Apples	5 B-Oatmeal, Sausage, Fruit L- Chicken and Rice, Black Bean Salsa, Frozen Pineapple Cup	6 B-Cinnie Rolls, Yogurt, Fruit L- Ham / Cheese Croissants, Spinach Grapes Cookie
9 B- Pancake Sausage Stick, Fruit L- Beef, Cheese Walking Tacos, Romane, Salsa Oranges	10 B- Omelet, Muffin, Tri-tater L- French Toast Sausage Patties Roasted Carrots Berries	11 B- Donuts, Hb Egg, Fruit L- Chicken Tenders Mashed Potatoes, Corn Biscuits Apples	12 B- Breakfast Pizza, Juice L- Made-rite on a Bun Goldfish BBQ Baked Beans Pears	13 B- Banana Split Parfaits L- Italian Hoagies Peppers Frozen Fruit Cup Brownie
16 B- Waffles, Yogurt, Fruit L- Bosco Sticks Marinara Sauce Romaine Salad Apple	17 B- Assorted Cereal, Fruit L- Chef Salad Hb Egg, Ham, Cheese Lettuce, Cucumbers, Tomatoes Biscuits Dragon Punch	18 B-Pancake Sausage Stick, Juice <i>Noon Dismissal</i> <i>K-8 No Lunch</i> Uncrustable, Cheese Stick Carrots, Craisin, Scooby Grahams	19 B- Cinnamin Rolls, Fruit L- Cheese Burgers Waffle Fries Apple Sauce	20 B- Scrambled Eggs, Bagels, Tots L- Chicken Tender Wrap Hummus, Carrots Fruit Cocktail Grandmas Cookies
23 B- Oatmeal, Spiced Apples L- Soft Shell Tacos Refried Beans, Salsa Craisins	24 B- Yogurt Parfait, Fruit L- Lasagna, Garlic Bread Green Beans Apple	25 B- Egg, Bagel, Fruit L- Corndogs Goldfish Peppers, Carrots Mixed Fruit	26 B- French Toast, Sausage, Fruit L- Baked Potato Buffet Ham, Cheese Dinner Roll Oranges	27 B- Donuts, Yogurt, Fruit L- Hot Roast Beef Sandwich Celery, Tomatoes Pears Rice Krispy Treat
30 B- Muffin, Yogurt, Fruit L- Mac and Cheese Garlic Bread Peas Apple				