



January 2011

SUN MON TUE WED THU FRI SAT

Emmaus Lutheran School Lunch MENU

This Lunch menu Provides you with the main dishes for the Month of Nov. Each lunch will include a veggie and fruit even though it is not listed. This menu gives you an idea of the main dishes for each day. The full menu for the week is located in each weeks newsletter.

This Lunch Menu is Subject to change if needed.

	SUN	MON	TUE	WED	THU	FRI	SAT
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2		3 Pizza Pretzels	4 Hot dogs Baked beans	5 Chicken & Noodles Roll	6 Ham & Turkey Subs Jello	7 Soft Tacos Chips & Cheese	8
9		10 Lasagna Breadstick	11 Chicken Enchiladas Rice	12 Cheeseburger Tater tots Jello	13 Mac & Cheese w/ ham Muffin	14 Baked Potato bar Broccoli & cheese	15
16		17 NO SCHOOL!	18 Meatloaf Mashed Pot. & Gravy Roll	19 Italian Grills Pretzels	20 Chicken Tetrazzini Breadsticks	21 Nachos Refried Beans	22
23		24 Beef Stroganoff Muffin	25 Ham, Egg & cheese Casserole Hashbrown Yogurt	26 Chicken Nuggets Mac & cheese	27 Spaghetti Breadsticks	28 Chicken Noodle Soup Cheese Toasties	29
30		31 Sloppy Joes Potato Skins Baked Beans					