



2012 February

RLA LUNCH MENU



News

LUNCH W/ DRINK
\$3.50
DRINK ONLY:
25 CENTS

TURKEY & CHEESE
OR SOY BUTTER &
JELLY AVAILABLE
AS AN ENTRÉE.

*INDICATES CARB
COUNT

www.rockfordlutheran.org



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 BAKED CHICKEN BREAST *0 MASHED POTATOES *58 PEAS & CARROTS *9 DESSERT *20	2 HAMBURGER/CHEESEBURGER *33 BAKED CHIPS *19 CELERY W/ DIP *5 FRUIT CUP *20	3 GRILLED CHEESE SANDWICH *35 TOMATO SOUP W/ CRACKERS*28 CELERY W/ DIP *5
6 PEPPERONI PIZZA *32 TOSSED SALAD W/ DRESSING *4 FRUIT CUP *20	7 ALL BEEF HOT DOG *22 BAKED FRIES *17 GREEN BEANS *5 FRUIT CUP *20	8 GRILLED CHICKEN WRAP*17 LETTUCE & TOMATO *4 TORTILLA CHIPS *16 GRAPES *8	9 BOSCO STICKS W/ MARINARA *52 TOSSED SALAD W/ DRESSING *4 DESSERT *20	10 FRENCH TOAST STICKS *38 HASHBROWN *18 COTTAGE CHEESE *4 APPLESAUCE *20
13 CHEESE PIZZA *30 TOSSED SALAD W/ DRESSING *4 FRUIT CUP *20	14 CREPES*22 SAUSAGE PATTY*0 HASHBROWN*18 APPLESAUCE *20	15 TACOS *14 LETTUCE & TOMATO *4 MEXICAN RICE *47 FRUIT CUP *20	16 HAMBURGER/CHEESEBURGER *33 BAKED CHIPS *19 CELERY W/ DIP *5 FRUIT CUP *20	17 CHICKEN STRIPS*30 MASHED POTATOES *58 CORN *8 DESSERT *20
20 NO SCHOOL	21 SAUSAGE PIZZA *32 TOSSED SALAD W/ DRESSING *4 FRUIT CUP *20	22 CORN DOG *15 FRENCH FRIES *17 CELERY W/ DIP *4 FRUIT CUP *20	23 BOSCO STICKS W/ MARINARA *52 TOSSED SALAD W/ DRESSING *4 DESSERT *20	24 SAUSAGE, EGG & CHEESE BURRITOS*28 HASHBROWN*18 APPLESAUCE *20
27 PEPPERONI PIZZA *32 TOSSED SALAD W/ DRESSING *4 FRUIT CUP *20	28 ROAST BEEF & CHEESE SANDWICH*43 MINISTRONE SOUP W/ CRACKERS*18 FRUIT CUP *20	29 LASAGNA ROLL UP *21 TOSSED SALAD W/ DRESSING *4 GARLIC BREAD *20		