

*Due to unknown delivery times, we are not able to fill out the whole month. Please see the MVL website calendar for updates to the Lunch Menu

Minnesota Valley Lutheran High School

Lunch Menu

January 2023

2	3	4	5	6
		Hamburger or Cheeseburger Baked Beans Hashbrown, Lettuce & carrots Pears	Chicken Fajitas Tortilla Chips Corn, Black Beans Salad, Carrots Peach Cup	Sloppy Joes on a bun Peas Wedges Fruit Fluff Carrots & Lettuce
9	10	11	12	13
Pizza Peas, Mixed Fruit Salad Carrots, Celery	Turkey, Ham or Meatball Sub Snack Chips Peas, Peaches Salad, Carrots	BBQ Chicken Au Gratin Potatoes Broccoli Fresh Fruit Lettuce Carrots	Beef Haystax Refried Beans Corn Chips, Pears Salad Carrots	Chicken Strips Mashed potatoes Corn Berry Cups Lettuce Carrots & Celery
16	17	18	19	20
No School	Breakfast for Lunch Sausage Patty Hash browns Mini Cinnamon Roll Applesauce Broccoli Carrots and Celery	Beef Tips & Gravy Mashed Potatoes Corn Bread Slices Broccoli Salad	Chicken Fajitas Rice Refried Beans Lettuce Peaches Carrots and Celery	Sloppy Joes Snack Chips Baked Beans Mixed Fruit Salad
23	24	25	26	27
29	30	31		
			Menu Subject to Change	Salad Bar Available order at MVL.org Milk Included With Each Meal

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