



Our Savior Lutheran PS-8 September/October 2019 Lunch Menu



\$3.50 Student Lunch • \$4.50 Adult Lunch • \$.65 ala carte milk

A full student lunch includes an entree supplying protein and grain, choice of vegetables, choice of fruit and milk. Milk choices include fat free white and fat free chocolate. * Trail Mix includes raisins, granola, chocolate chips & chow mein noodles. *Wg.=Whole Grain*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Cinnamon Toast Crunch Cereal Yogurt Carrot & Celery Sticks Mini Bagel w/Jam Orange Slices	24 Grilled Cheese Sandwich Tomato Soup Broccoli & Cucumber Chips Goldfish Crackers Apple Slices	25 Sloppy Joes Choice of Potato Chips Dill Pickles Grape Tomatoes Peaches	26 Chicken Drumsticks Mashed Potatoes Peas Grapes Dinner Roll	27 Ham & Cheese on Bun Sun Chips Pepper Sticks Chocolate Pudding Banana
30 Chicken Patty on Bun Blend of Sweet & White French Fries Carrot Sticks Watermelon	1 Cheese Pizza Corn Grape Tomatoes Apple Slices Trail Mix	2 Breaded Mozzarella Cheese Sticks Spaghetti O's Broccoli & Cauliflower Orange Slices	3 Beef & Cheese Nachos Refried Beans Mexican Rice Celery Sticks Peaches Pretzel Bits	4 Make Your Own Salad!! Fresh Fruit Soup Dinner Roll
7 Cheeseburger Blend of Baked Sweet & White French Fries Carrot & Cucumber Chips Dill Pickles Banana	8 Pasta Bar w/Alfredo & Marinara Sauce Cauliflower & Celery Sticks Green Beans Orange Slices Garlic Bread Sticks	9 Baked Potato w/Cheddar Cheese & Sour Cream Homemade Tuna Salad w/Saltines Cooked Broccoli Pineapple *Bonus* Cinnamon Roll	10 NO SCHOOL K-8	11 NO SCHOOL K-8
14 Pancakes Smokie Links Applesauce Sweet Potato Puffs Orange Juice Trail Mix	15 Macaroni & Cheese Green Beans Fresh Cauliflower & Grape Tomatoes Strawberries French Break	16 Soft Shell Tacos w/Lettuce, Tomato & Cheese Refried Beans Mexican Rice Apple Slices Chex Mix	17 Chicken Pot Pie Romaine & Carrot Salad Grapes Chex Mix	18 Cheese Filled (Bosco) Bread Sticks w/Pizza Dipping Sauce Potato Soup Pepper Sticks & Pea Pods Apple Slices Trail Mix
21 Chicken Nuggets Blend of Sweet & White French Fries Carrots & Cucumber Chips Watermelon	22 Spaghetti Romaine & Carrot Salad Grape Tomatoes Orange Slices Garlic Bread Sticks	23 Hot Dog on Bun Fritos Broccoli & Cauliflower Apple Slices Cheese Popcorn	24 French Toast Sticks Sausage Patties Sweet Potato Puffs Grape Juice Trail Mix	25 Corn Dog Nuggets Chicken Noodle Soup Pepper Sticks Mixed Fruit Pretzel Rods

Our Savior Lutheran School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded to students at the school.

Menu Subject to Change