

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 POPCORN CHICKEN SNAP PEAS & DIP FRUIT	4 SLOPPY JOES BAKED BEANS FRUIT	5 PEPPERONI PIZZA LETTUCE SALAD FRUIT	6 QUESADILLA TRIANGLES HOT VEGETABLE FRUIT	7 TATER TOT HOTDISH BANANA BREAD STRING CHEESE FRUIT
10 CHICKEN CASSEROLE GARLIC BREAD BROCCOLI & CAULIFLOWER FRUIT	11 BBQ PORK ON A BUN BAKED BEANS FRUIT	12 CHEESE PIZZA LETTUCE SALAD FRUIT	13 BEEF & CHEESE BURRITO HOT VEGETABLE STRING CHEESE FRUIT	14 MEAT IN GRAVY MASHED POTATOES BISCUIT, COLESLAW FRUIT
17 HAM & CHEESE WRAP CELERY & DIP OATMEAL CHOC COOKIE FRUIT	18 CHILI CHEESY BREADSTICK FRUIT	19 SAUSAGE PIZZA LETTUCE SALAD FRUIT	20 No SCHOOL	21 No SCHOOL
24 CHICKEN NUGGETS SWEET PEPPERS & DIP APPLE FRUDEL FRUIT	25 HOTDOG ON A BUN BAKED BEANS FRUIT	26 ITALIAN PASTA BAKE GARLIC BREAD LETTUCE SALAD FRUIT	27 FIESTADA PIZZA HOT VEGETABLE FRUIT	28 TOMATO SOUP CHEESY BREADSTICK POTATO WEDGES FRUIT

SAMUEL LUTHERAN SCHOOL IS AN
EQUAL OPPORTUNITY PROVIDER

MENU SUBJECT TO CHANGE

OFFERED DAILY:
CHOC (K-8), SKIM, & 1% MILK

ALL GRAINS (BUNS/BREADS/BREADING/TORTILLAS/PASTAS/CHIPS) ARE WHOLE GRAIN & MEET SCHOOL GRAIN REQUIREMENTS