

Our Savior's Lutheran School

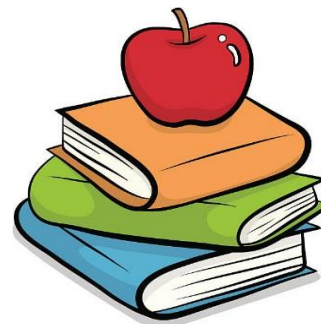
September 2020

September 7	September 8	September 9	September 10	September 11
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL Labor Day	Chicken Patty (44) Goldfish Crackers 1/4 c. Fresh Vegetables 1/2 c. Fruit	Cheese Pizza (34) 1/2 c. Corn (17) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Savory Chicken Sandwich (27) 1/2 c. Lettuce 1/4 c. Fresh Vegetables 1/2 c. Fruit	Mini Corn Dogs (30) 1/2 c. Baked Beans (30) 1/4 c. Fresh Vegetables 1/2 c. Fruit

September 14	September 15	September 16	September 17	September 18
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger (29) 1/2 c. Baked Beans (30) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Beef Taco (23) 1/4 c. Mexican Rice (11) 1 c. Lettuce 1/4 c. Fresh Vegetables 1/2 c. Fruit	Chicken Strips (16) Dinner Roll (14) 1/2 c. Mashed Potatoes (14) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Pancakes (28) Yogurt (20) 1/4 c. Sweet Potato Puffs 1/4 c. Fresh Vegetables 1/2 c. Fruit	Hot Dog (28) 1/2 c. Corn (17) 1/4 c. Fresh Vegetables 1/2 c. Fruit

September 21	September 22	September 23	September 24	September 25
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty (44) Goldfish Crackers 1/4 c. Fresh Vegetables 1/2 c. Fruit	French Toast Sticks (43) Cheese Omelet 1/2 c. Tater Tots 1/4 c. Fresh Vegetables 1/2 c. Fruit	Corn Dog 1/2 c. Baked Beans (30) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Cheeseburger (30) 1/2 c. Lettuce 1/4 c. Fresh Vegetables 1/2 c. Fruit	Pepperoni Pizza (35) 1/2 c. Corn (17) 1/4 c. Fresh Vegetables 1/2 c. Fruit

September 28	September 29	September 30
MONDAY	TUESDAY	WEDNESDAY
Cheese Pizza (34) 1/2 c. Corn (17) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Chicken Wrap (16) 1/2 c. Brown Rice (22) 1/4 c. Fresh Vegetables 1/2 c. Lettuce 1/2 c. Fruit	Chicken Nuggets (15) Dinner Roll (14) 1/2 c. Mashed Potatoes (14) 1/4 c. Fresh Vegetables 1/2 c. Fruit



<p>Free Meals Information</p> <p>From September through December (or when funds have been exhausted), all meals served to students will be free regardless of income levels. Please note there is a \$0.50 charge for students choosing only milk.</p>	<p>DAILY MILK CHOICES</p> <p>Plain Skim (13) Plain 1% (13) Chocolate Skim (20) Lactose Free (13)</p>	<p>Carbohydrate Counts</p> <p>Numbers listed in the parentheses (#) is the CHO count for that item in full</p>	<p>All menus are subject to change, without notice, due to availability and delivery challenges.</p>
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This institution is an equal opportunity provider.