

# Our Savior's Lutheran School

October 2020



October 1	October 2
<b>THURSDAY</b>	<b>FRIDAY</b>
Grilled Chicken Sandwich (27) Sunflower Seeds 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

October 5	October 6	October 7	October 8	October 9
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger (29) 1/2 c. Baked Beans (30) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Beef Nachos (22) 1/4 c. Mexican Rice (11) 1 c. Lettuce 1/4 c. Fresh Vegetables 1/2 c. Fruit	* 2 hr Early Release  Deli sandwich 1/4 c. Fresh Vegetables 1/2 c. Fruit	French Toast Sticks (43) Cheese Omelet 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

October 12	October 13	October 14	October 15	October 16
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty (44) Goldfish Crackers 1/4 c. Fresh Vegetables 1/2 c. Fruit	Cheeseburger (30) 1/4 c. Fresh Vegetables 1/2 c. Tater Tots (20) 1/2 c. Fruit	NO SCHOOL	NO SCHOOL	NO SCHOOL

October 19	October 20	October 21	October 22	October 23
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Pizza (34) 1/2 c. Corn (17) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Italian Dunkers (28) 1/4 c. Marinara Sauce (9) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Meatballs (4) & Gravy (5) Bread Slice (13) 1/2 c. Mashed Potatoes (14) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Mac & Cheese (42) Breadstick (17) 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

October 26	October 27	October 28	October 29	October 30
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. Potato Smiles (20) 1/4 c. Fresh Vegetables 1/2 c. Fruit	Pancakes (28) Yogurt (20) Cheese Stick 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

This institution is an equal opportunity provider.

Free Meals Information	DAILY MILK CHOICES	Carbohydrate Counts	
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.	Plain Skim (13) Plain 1% (13) Chocolate Skim (20) Lactose Free (13)	Numbers listed in the parentheses (#) is the CHO count for that item in full	All menus are subject to change, without notice, due to availability and delivery challenges.