

SEPTEMBER 2019 - Our Savior's Lutheran School School Lunch Menu



September 3	September 4	September 5	September 6
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corn Dog (33) Baked Beans (30) Fresh Vegetables (4) Fruit (15)	Grilled Cheese (29) Tomato Soup (17) Carrots (6) Cauliflower Fruit (15)	Meatballs (4) & Gravy Bread Slice (13) Mashed Potatoes (17) Broccoli (4) Fruit (15)	Cheese Quesadilla Pizza (40) Corn (17) Fresh Vegetables (4) Fruit (15)

September 9	September 10	September 11	September 12	September 13
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger on a Bun (29) Baked Beans (30) Broccoli (4) Fruit (15)	Beef Nachos (22) with Cheese & Fixings Lettuce Salad Carrots & Tomatoes (6) Fruit (15)	Chicken Strips (16) Dinner Roll (14) Mashed Potatoes (17) / Gravy Green Beans (8) Fruit (15)	Pasta (27) Meat Sauce (6) Bread Stick (17) Cucumbers (2) & Carrots (6) Fruit (15)	Sloppy Joe on a Bun (36) Potato Fries (23) Fresh Vegetables (4) Fruit (15)

September 16	September 17	September 18	September 19	September 20
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Pizza (34) Corn (17) Carrots (6) Fruit (15)	Breakfast Pizza Sunflower Seeds Potato Smiles (23) Celery (6) Fruit (15)	Mini Corn Dogs (30) Carrots (6) Baked Beans (30) Fruit (15)	Hot Turkey Gravy (6) Bread Slice (13) Mashed Potatoes (17) Broccoli (4) Fruit (15)	Meatball Marinara Sub Sandwich Fresh Vegetables (6) Fruit (15)

September 23	September 24	September 25	September 26	September 27
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Omelet (1) Two Pancakes (28) Carrots (6) Cucumbers (2) Fruit (15)	Beef Taco (23) With Cheese & Fixings Refried Beans (9) Fresh Vegetables (4) Fruit (15)	Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (17) / Gravy Carrots (6) Fruit (15)	Cheeseburger on a Bun (30) Baked Beans (30) Broccoli Fruit (15)	Mr. Rib Pork Patty on a Bun Fresh Vegetables (6) Fruit (15)

September 30
MONDAY
Pepperoni Pizza (35) Corn (17) Celery (6) Fruit (15)



Prices

Free/Reduced: FREE
Student Price: \$2.70
Adult Price: \$3.90
Extra Milk: \$0.50

Daily Milk Choices

Plain Skim (13)
Plain 1% (13)
Chocolate Skim (20)
Lactose Free (upon request)

Carbohydrate Counts

Numbers listed in the parentheses (#) are the CHO count for that item in full

Offer vs. Serve

Students are required to take a minimum of 3 items, one must be a fruit or vegetable. All items are encouraged for a balanced diet.

All menus are subject to change, without notice, due to availability and delivery challenges.

Questions?

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This institution is an equal opportunity provider.