



November 2023 Menu

Our Saviors Lutheran School



Monday	Tuesday	Wednesday	Thursday	Friday
30 	31	1 Ham and Turkey Rollup (22) Romaine Lettuce & Carrots Fruit (15)	2 Chili (32) with Cheese Dinner Roll (14) Goldfish Crackers (14) Corn (17), Celery & Fruit (15)	3 Pancakes (20) Eggs Yogurt Cup (15) Fresh Vegetables & Fruit (15)
6 Chicken Sandwich (32) Carrots & Fruit (15)	7 Beef Taco with Cheese and Fixings (22) Refried Beans (10) Celery & Fruit (15)	8 Cheese Pizza (41) Broccoli Cauliflower Fruit (15)	9 Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14) Carrots & Fruit (15)	10 Italian Dunkers (32) Marinara Sauce (5) Spiced Pinto Beans (24) Fresh Vegetables & Fruit (15)
13 Chicken Strips (22) Dinner Roll (14) Corn (17) Carrots & Fruit (15)	14 Cheeseburger on a Bun (28) Baked Beans (23) Cucumbers Fruit (15)	15 Pasta (38) & Meat Sauce (9) Breadstick (17) Romaine Lettuce Broccoli & Fruit (15)	16 Corn Dog (30) Cauliflower Fresh Vegetables Fruit (15)	17 Brunch for Lunch! French Toast Sticks (60) Cheese Omelet Fresh Vegetables & Fruit (15)
20 Quesadilla Pizza (39) Carrots & Corn (17) Fruit (8) (15)	21 Beef Nachos (38) Spanish Rice (19) Refried Beans (10) Romaine Lettuce & Fruit (15)	22 Deli Sandwich (26) Fresh Vegetables & Fruit (15)	23 No School	24 
27 Mini Corndogs (30) Carrots & Fresh Vegetables Fruit (8) (15)	28 Pepperoni Pizza (32) Broccoli Cauliflower Fruit (15)	29 Hot Dog (28) Baked Beans (23) Celery & Fruit (15)	30 Mr. Rib (35) Potato Smiles (20) & Celery Fruit (15)	1 Grilled Cheese (30) Tomato Soup (17) Spiced Pinto Beans (24) Fresh Vegetables & Fruit (15)

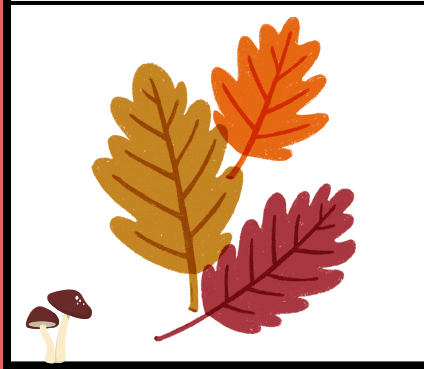
Payments
 School breakfast and lunch will be free this year! If you want to purchase snack milk, or a milk for a cold lunch, your student's account will be charged. All lunch payments will be done online at linqconnect.com. No cash payments will be accepted.

Prices
 Students: FREE
 Adult Price: \$4.95
 Extra Milk: \$0.50
 Lactose Free Milk: \$1.00

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

Carbohydrate Count
 Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?
 Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.