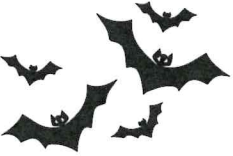
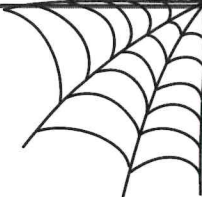


October 2024 Menu Our Saviors Lutheran School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Taco (22) with Cheese and Fixings Mexican Rice (19) Broccoli, Celery, & Fruit (15)	2 Hot Ham & Cheese (26) Baked Beans (23) Carrots Fruit (15)	3 Chicken Mac & Cheese (32) Breadstick (17) Baked Beans (23) Romaine Lettuce & Fruit (15)	4 Quesadilla Pizza (39) Corn (17) Fresh Vegetables Fruit (15)
7 Cheeseburger on a Bun (26) Broccoli & Carrots Fruit (15)	8 Pepperoni Pizza (32) Corn (17) Celery Fruit (15)	9 Pasta (38) & Meat Sauce (9) Breadstick (17) Cucumbers Carrots & Fruit (15)	10 Mr. Rib (35) Potato Smiles (20) Broccoli Fruit (15)	11 Grilled Cheese (30) Tomato Soup (17) Baked Beans (23) Fresh Vegetables & Fruit (15)
14 Brunch for Lunch! French Toast Sticks (60) Cheese Omelet Fresh Vegetables & Fruit (15)	15 Corn Dog (30) Baked Beans (23) Fresh Vegetables Fruit (15)	<h2>No School</h2> 		
21 Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (14) Carrots & Fruit (15)	22 Hot Dog (28) Baked Beans (23) Broccoli & Fruit (15)	23 Deli Sandwich (26) Celery Red Peppers Fruit (15)	24 Cheese Pizza (35) Fresh Vegetables Fruit (15)	25 Italian Dunkers (30) Marinara Sauce (5) Fresh Vegetables Fruit (15)
28 No School	29 Chicken Strips (22) Dinner Roll (14) Potato Smiles (20) Carrots & Fruit (15)	30 Chicken Alfredo (60) Breadstick (17) Carrots & Cucumbers Fruit (15)	31 Mini Corndogs (30) Baked Beans (23) Broccoli Fruit (15)	

Entrée Alternative

Uncrustable Sandwich (33)
String Cheese (1)
Goldfish Crackers (14)

Payments

School breakfast and lunch will be free again 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: \$5.00
Snack 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.