


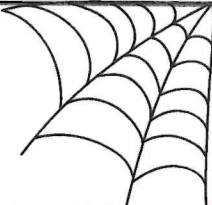


# October 2023 Menu Our Saviors Lutheran School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken (12) Dinner Roll (14) Mashed Potatoes (14) and Gravy (4) Carrots & Fruit (15)	3 Cheese Pizza Breadstick (17) Baked Beans (30) Cauliflower & Fruit (15)	4 Ham and Turkey Rollup (22) Romaine Lettuce & Carrots Fruit (15)	5 Chili (32) with Cheese Corn Bread (25) Goldfish Crackers (14) Broccoli, Celery & Fruit (15)	6 Pancakes (20) Eggs Yogurt Cup (15) Fresh Vegetables & Fruit (15)
9 Orange Chicken (19) Brown Rice (17) Dinner Roll (14) Broccoli, Carrots & Fruit (15)	10 Beef Taco with Cheese and Fixings (34) Refried Beans (10) Celery & Fruit (15)	11 Cheese Pizza (41) Broccoli Cauliflower Fruit (15)	12 Tater Tot Hotdish (21) Two Bread Slices (26) Corn (17) Fruit (15)	13 Italian Dunkers (32) Marinara Sauce (5) Spiced Pinto Beans (24) Fresh Vegetables & Fruit (15)
16 Chicken Strips (22) Dinner Roll (14) Mashed Potatoes (14) Red Peppers & Fruit (15)	17 Cheeseburger on a Bun (28) Baked Beans (23) Cucumbers Fruit (15)	18  No School	19 No School	20  No School
23 Quesadilla Pizza (39) Carrots Fruit (8) (15)	24 Beef Nachos (38) Spanish Rice (19) Refried Beans (10) Romaine Lettuce & Fruit (15)	25 Hot Dog (28) Broccoli & Celery Fruit (15)	26 Meatballs (4) and Gravy (4) Two Bread Slices (26) Corn (17) Carrots & Fruit (15)	27 Grilled Cheese (30) Tomato Soup (17) Spiced Pinto Beans (24) Fresh Vegetables & Fruit (15)
No School 30	Happy Halloween! 31 Corn Dog (30) Baked Beans (30) Cauliflower & Fruit	1	2 	

## 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](http://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

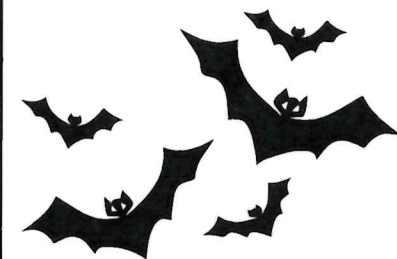
Plain Skim (13)  
Plain 1% (13)  
Chocolate Skim (20)  
Lactose Free (upon request)

## Carbohydrate Count

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

## Questions?

Contact Emily Scheresky at [emilyscheresky@isd593.org](mailto: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.