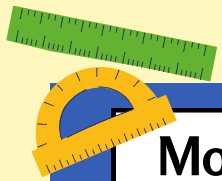


# Welcome Back to School!

## September 2024 Menu Our Saviors Lutheran School



Monday	Tuesday	Wednesday	Thursday	Friday
	3 Cheese Pizza (35) Corn (17) Carrots & Fruit (15)	4 Hot Dog (28) Broccoli & Celery Fruit (15)	5 Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14) Carrots & Fruit (15)	6 Quesadilla Pizza (39) Fresh Vegetables Fruit (15)
9 Chicken Burger (32) Celery Carrots & Fruit (15)	10 Beef Taco with Cheese and Fixings (34) Celery & Broccoli Fruit (15)	11 Pepperoni Pizza (32) Corn (17) Cucumbers Fruit (15)	12 Corn Dog (30) Baked Beans (23) Carrots Fruit (15)	13 French Toast Sticks (60) Breakfast Syrup (28) Cheese Omelette Fresh Vegetables & Fruit (15)
16 Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (14) & Gravy (4) Carrots & Fruit (15)	17 Hot Dog (28) Baked Beans (23) Broccoli Fruit (15)	18 Deli Sandwich (26) Celery & Red Peppers Fruit (15)	19 Cheeseburger on a Bun (28) Corn (17) Fresh Vegetables Fruit (15)	20 Italian Dunkers (30) Marinara Sauce (5) Fresh Vegetables Fruit (15)
23 Chicken Strips (22) Dinner Roll (14) Mashed Potatoes (14) & Gravy (4) Carrots & Fruit (15)	24 Beef Nachos (38) Brown Rice (22) Shredded Lettuce Broccoli & Fruit (15)	25 Chicken Alfredo (60) Breadstick (17) Carrots & Cucumbers Fruit (15)	26 Mini Corn Dogs (30) Baked Beans (23) Fresh Vegetables Fruit (15)	27 Pancakes (20) Breakfast Sausage Patty Yogurt (15) Fresh Vegetables & Fruit (15)
30 Orange Chicken (16) Brown Rice (22) Dinner Roll (14) Carrots & Cucumbers Fruit (15)	1	2	3 	4

**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](http://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](mailto:emilyscheresky@isd593.org) or 218-281-5313 ext. 7

