



# Redeemer Lutheran School Lunch Menu October 2017



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
<p>You must choose at least 3 of 5 components available for the school lunch price.</p> <p>Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p>	<p><b>October 2</b> Chicken &amp; Cheese Nachos with Bread Slice Steamed Corn Mixed Fruit Low Fat/Fat Free Milk</p>	<p><b>October 3</b> Popcorn Chicken Bowl Creamy Mashed Potatoes Mandarin Oranges Low Fat/Fat Free Milk</p>	<p><b>October 4</b> <b>Early Dismissal 11:15am</b></p>	<p><b>October 5</b> <b>No School</b></p>	<p><b>October 6</b> <b>No School</b></p>	<p>Cheese Sandwich PB&amp; J Sandwich (Wow Butter) Cheeseburger on a Bun</p>
	<p><b>October 9</b> Fluffy Pancakes &amp; Sausage Patties Crisp Tatar Tots Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p><b>October 10</b> Hot Ham &amp; Cheese on a Pretzel Bun Oven Fries Diced Pears Low Fat/Fat Free Milk</p>	<p><b>October 11</b> Italian Dunkers with Marinara Sauce Steamed Carrots Chilled Applesauce Low Fat/Fat Free Milk</p>	<p><b>October 12</b> Grilled Cheese Sandwich Steamed Green Beans Mandarin Oranges Low Fat/Fat Free Milk</p>	<p><b>October 13</b> Popcorn Chicken Wrap Steamed Peas Mixed Fruit Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich (Wow Butter) Chicken Nuggets</p>
<p><b>Milk Choices Offered Daily</b> 1% Chocolate, 1% White and Fat Free White</p>	<p><b>October 16</b> BBQ Rib Sandwich Seasoned Potato Wedges Juicy Peaches Low Fat/Fat Free Milk</p>	<p><b>October 17</b> Pasta &amp; Meat sauce with Dinner Roll Steamed Green Beans Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p><b>October 18</b> Waffles with Sausage Patties Crisp Tatar Tots Diced Pears Low Fat/Fat Free Milk</p>	<p><b>October 19</b> Beef &amp; Cheese Nachos with Bread Slice Refried Beans Mandarin Oranges Low Fat/Fat Free Milk</p>	<p><b>October 20</b> Orange Kissed Chicken Bowl (Popcorn Chicken) Steamed Broccoli Chilled Applesauce Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich (Wow Butter) Cheese/ Pepperoni Pizza</p>
 <p><b>*Vegetables may include:</b> Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery &amp; Cucumber <b>*May choose two 1/2 cup servings</b></p> <p><b>*Fruits may include:</b> Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce <b>*May choose one 1/2 cup serving</b></p>	<p><b>October 23</b> Chicken Patty on a Bun Sweet Potato Fries Diced Peaches Low Fat/Fat Free Milk</p>	<p><b>October 24</b> Italian Dunkers with Marinara Steamed Mixed Vegetable Mandarin Oranges Low Fat/Fat Free Milk</p>	<p><b>October 25</b> Saucy Meatballs over Fluffy Rice &amp; Bread Slice Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk</p>	<p><b>October 26</b> Grilled Chicken Wrap Steamed Corn Chilled Applesauce Low Fat/Fat Free Milk</p>	<p><b>October 27</b> Corn Dog Nuggets Creamy Mashed Potatoes Diced Pears Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich (Wow Butter) Cheeseburger on a Bun</p>
<p><b>Fresh Fruits and Vegetables Offered Daily</b></p> <p><b>Offered Daily: Grades 5-8</b></p> <ul style="list-style-type: none"> <li>* Ham &amp; Cheese Wrap</li> <li>* Turkey &amp; Cheese Wrap</li> <li>* Chef Salad</li> </ul>	<p><b>October 30</b> Italian Hoagie on a Bun Oven Fries Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p><b>October 31</b> Beef &amp; Cheese Nachos with Bread Slice Refried Beans Mandarin Oranges Low Fat/Fat Free Milk</p>				<p>Cheese Sandwich PB&amp; J Sandwich (Wow Butter) Chicken Nuggets</p>

**MENUS SUBJECT TO CHANGE**

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