

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

Lunches Provided By:

**Roadrunner Foods**

(p) 281-565-7902

www.RoadrunnerFoodService.com

# JUNE 2022

## MEMORIAL LUTHERAN SCHOOL

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1

2

3

6

**Breakfast For Lunch!**

7

8

9

10

Baked Fish Sticks  
White Rice  
Steamed Broccoli  
Cinnamon Baked Peaches

V: Veggie Nuggets

French Toast Sticks w/ Syrup  
Turkey Sausage Patty  
Potatoes O'Brian w/ Tri- Colored Bell Peppers  
Seasonal Fresh Fruit

V: Veggie Sausage Patty

Spaghetti w/ Beef Meat Sauce  
Sweet Peas  
Dinner Roll  
Seasonal Fresh Fruit

V: Spaghetti w/ Marinara Sauce

Crispy Chicken Sandwich  
Baked Tater Tots  
Green Beans  
Seasonal Fresh Fruit

V: Veggie Burger

Cheese Pizza  
Crinkle Cut Carrots  
Cinnamon Baked Apples

13

14

15

16

17

Baked Chicken Tenders  
Potatoes Au Gratin  
Buttered Corn  
Seasonal Fresh Fruit

V: Veggie Nuggets

Chicken Fajita Soft Tacos w/ Monterey Jack Cheese & Tri-Colored Bell Peppers  
Spanish Rice w/ Mixed Veggies  
Refried Beans  
Seasonal Fresh Fruit

V: Bean & Cheese Taco

Ground Beef Sloppy Joe on a Whole Wheat Bun  
Baked Tater Tots  
Green Beans  
Seasonal Fresh Fruit

V: Veggie "meat" Sloppy Joe

Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli  
Crinkle Cut Carrots  
Dinner Roll  
Seasonal Fresh Fruit

V: Bow Tie Pasta w/ Veggie "Chicken"

Cheese Pizza  
Sweet Peas  
Cinnamon Baked Apples

20

**Breakfast For Lunch!**

21

22

23

24

Chicken Teriyaki Fried Rice w/ Mixed Veggies  
Steamed Broccoli  
Hawaiian Roll  
Seasonal Fresh Fruit

V: Teriyaki Rice w/ Veggie "Chicken"

Buttermilk Waffles w/ Syrup  
Turkey Sausage Patty  
Potatoes O'Brian w/ Tri- Colored Bell Peppers  
Seasonal Fresh Fruit

V: Veggie Sausage Patty

Chicken Parmesan w/ Mozzarella  
Spaghetti w/ Marinara Sauce  
Peas & Carrots Blend  
Seasonal Fresh Fruit

V: Veggie "Chicken" Parmesan

Beef Meatballs over Mashed Potatoes w/ Gravy  
Buttered Corn  
Dinner Roll  
Seasonal Fresh Fruit

V: Veggie Meatballs

Cheese Pizza  
Green Beans  
Cinnamon Baked Apples

27

28

29

30

Chicken & Spinach Rigatoni Pasta w/ Marinara Sauce  
Crinkle Cut Carrots  
Dinner Roll  
Seasonal Fresh Fruit

V: Spinach Rigatoni w/ Marinara

BBQ Chicken Breast  
Mashed Potatoes  
Sweet Peas  
Cinnamon Baked Peaches

V: Veggie BBQ "Chicken"

Ground Beef Soft Tacos w/ Monterey Jack Cheese  
Spanish Rice w/ Mixed Veggies  
Refried Beans  
Seasonal Fresh Fruit

V: Bean & Cheese Taco

Baked Chicken Tenders  
Mashed Sweet Potatoes  
Green Beans  
Seasonal Fresh Fruit

V: Veggie Nuggets

Cheese Pizza  
Buttered Corn  
Cinnamon Baked Apples

**SIGN UP NOW TO ORDER SCHOOL LUNCHES!**

WWW.LUNCHDIRECT.COM

SCHOOL CODE: **580000**

Each day your child will get a choice between three alternative entrées.

Either **A: Grilled Cheese** **B: Cheesy Chicken, Broccoli, & Rice Casserole**

**C: Oven Baked Chicken Tenders.** These alternative items will replace the entrée for the day; all sides will remain the same.

**\*All menu items are subject to change without notice due to availability, freshness, and quality of ingredients\***