

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

# JULY 2022

## MEMORIAL LUTHERAN SCHOOL

Lunches Provided By:  
**Roadrunner Foods**  
 (p) 281-565-7902  
[www.RoadrunnerFoodService.com](http://www.RoadrunnerFoodService.com)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**INDEPENDENCE DAY  
NO SCHOOL**

**4**  
**Breakfast for Lunch!**  
 French Toast Sticks w/ Syrup  
 Turkey Sausage Patty  
 Potatoes O'Brien w/ Tri-Colored Bell Peppers  
 Seasonal Fresh Fruit  
 V: Veggie Sausage Patty

**5**  
 Ground Beef Sloppy Joe on a Whole Wheat Bun  
 Baked Tater Tots  
 Green Beans  
 Seasonal Fresh Fruit  
 V: Veggie "Meat" Sloppy Joe

**6**  
 Chicken Fajita Soft Taco w/ Monterey Jack Cheese & Tri-Colored Bell Peppers  
 Spanish Rice w/ Mixed Veggies  
 Refried Beans  
 Seasonal Fresh Fruit  
 V: Bean & Cheese Taco

**1**  
 Oven Baked Cheese Pizza  
 Buttered Corn  
 Cinnamon Baked Apples

**7**  
 Oven Baked Cheese Pizza  
 Sweet Peas  
 Cinnamon Baked Apples

**8**  
 Baked Fish Sticks  
 Steamed White Rice  
 Steamed Broccoli  
 Cinnamon Baked Peaches  
 V: Veggie Nuggets

**9**  
 Penne Pasta w/ Beef Meat Sauce  
 Crinkle Cut Carrots  
 Dinner Roll  
 Seasonal Fresh Fruit  
 V: Penne Pasta w/ Veggie "Meat" Sauce

**10**  
 Baked Chicken Tenders  
 Sweet Peas  
 Macaroni & Cheese  
 Seasonal Fresh Fruit  
 V: Veggie Nuggets

**11**  
 BBQ Baked Chicken Breast w/ Mashed Potatoes  
 Mixed Veggies  
 Hawaiian Roll  
 Seasonal Fresh Fruit  
 V: Veggie BBQ "Chicken" Strips

**12**  
 Oven Baked Cheese Pizza  
 Green Beans  
 Cinnamon Baked Apples

**13**  
 Chicken Teriyaki Fried Rice w/ Mixed Veggies  
 Steamed Broccoli  
 Dinner Roll  
 Seasonal Fresh Fruit  
 V: Fried Rice w/ Veggie "Chicken"

**14**  
**Breakfast for Lunch!**  
 Buttermilk Waffles w/ Syrup  
 Turkey Sausage Patty  
 Potatoes O'Brien w/ Tri-Colored Bell Peppers  
 Seasonal Fresh Fruit  
 V: Veggie Sausage Patty

**15**  
 Beef Meatballs over Mashed Potatoes w/ Gravy  
 Green Beans  
 Hawaiian Roll  
 Seasonal Fresh Fruit  
 V: Veggie "Meatballs"

**16**  
 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"

**17**  
 Oven Baked Cheese Pizza  
 Mixed Veggies  
 Cinnamon Baked Apples

**18**  
 Crispy Chicken Sandwich on a Whole Wheat Bun  
 Baked Tater Tots  
 Peas & Carrots Blend  
 Seasonal Fresh Fruit  
 V: Veggie Burger

**19**  
 Ground Beef Soft Taco w/ Monterey Jack Cheese  
 Spanish Rice w/ Mixed Veggies  
 Refried Beans  
 Seasonal Fresh Fruit  
 V: Beans & Cheese Taco

**20**  
 Chicken & Spinach Rigatoni Pasta w/ Marinara Sauce  
 Oven Roasted Baby Carrots  
 Dinner Roll  
 Seasonal Fresh Fruit  
 V: Spinach Rigatoni Pasta

**21**  
 Baked Chicken Tenders  
 Potatoes Au Gratin  
 Green Beans  
 Seasonal Fresh Fruit  
 V: Veggie Nuggets

**22**  
 Oven Baked Cheese Pizza  
 Buttered Corn  
 Cinnamon Baked Apples

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

[WWW.LUNCHDIRECT.COM](http://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\***