

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

# OCTOBER 2020

## MEMORIAL LUTHERAN SCHOOL

Lunches Provided By:

Roadrunner Foods

(p) 281-565-7902

(f) 281-565-7904

RoadrunnerFoodService.com

Monday

Tuesday

Wednesday

Thursday

Friday

5

Chicken Fajita Tacos w/ Bell Peppers & Monterey Jack Cheese  
Spanish Rice  
Refried Beans  
Seasonal Fresh Fruit  
V: Cheese Quesadilla

6

Ground Beef Sloppy Joes  
Sweet Potato Fries  
Buttered Corn  
Seasonal Fresh Fruit

V: Veggie "Meat" Sloppy Joe

7

Oven Baked Fish Sticks  
Cheesy Broccoli Rice  
Sweet Peas  
Seasonal Fresh Fruit

V: Veggie Nuggets

1

BBQ Baked Chicken Legs  
Loaded Mashed Potatoes  
Green Beans  
Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

2

Oven Baked Cheese Pizza  
Mixed Veggies  
Cinnamon Baked Apples

12

Chicken Teriyaki Fried Rice w/ Mixed Veggies  
Crinkle Cut Carrots  
Wheat Roll  
Seasonal Fresh Fruit  
V: Veggie "Chicken" Fried Rice

13

Turkey & Cheese Croissant  
Italian Pasta Salad w/ Diced Tomatoes, Celery, & Fresh Parmesan  
Seasonal Fresh Fruit

V: Sunbutter & Jelly Croissant

14

Southwest lentils w/ Turkey Sausage & Steamed White Rice  
Sweet Peas  
Baked Pears

V: Southwest Lentils over Steamed Rice

15

Chicken Pasta Primavera  
Buttered Corn  
Wheat Roll  
Seasonal Fresh Fruit

V: Pasta Primavera

16

Oven Baked Cheese Pizza  
Crinkle Cut Carrots  
Cinnamon Baked Apples

19

Buttermilk Pancakes w/ Syrup  
Potatoes O' Brien  
Turkey Sausage Patty  
Seasonal Fresh Fruit

V: Veggie "Sausage" Patty

20

Macaroni & Cheese w/ Diced Chicken  
Wheat Roll  
Mixed Veggies  
Seasonal Fresh Fruit

V: Macaroni & Cheese

21

Beef Cheeseburger  
Veggie Baked Beans  
Buttered Corn  
Seasonal Fresh Fruit

V: Veggie Burger

22

Oven Baked Chicken Tenders  
Potatoes Au Gratin  
Green Beans  
Seasonal Fresh Fruit

V: Veggie Nuggets

23

Oven Baked Cheese Pizza  
Sweet Peas  
Cinnamon Baked Apples

26

Spaghetti w/ Beef Meatballs  
Crinkle Cut Carrots  
Wheat Roll  
Seasonal Fresh Fruit

V: Spaghetti w/ Veggie "Meat" Sauce

27

Oven Baked Fish Sticks  
Mashed Potatoes  
Wheat Roll  
Seasonal Fresh Fruit

V: Veggie Nuggets

28

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

V: Bean & Cheese Roll-Ups

29

Fettucine Alfredo w/ Grilled Chicken  
Oven Baked Baby Carrots  
Wheat Roll  
Seasonal Fresh Fruit

V: Fettucine Alfredo

30

Oven Baked Cheese Pizza  
Green Beans  
Cinnamon Baked Apples

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

[WWW.LUNCHDIRECT.COM](http://WWW.LUNCHDIRECT.COM)

SCHOOL CODE: **580000**

**\*\*\*NEW ALTERNATIVE MENU\*\*\***

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

Either **A: Grilled Cheese** or **B: Toasted Turkey & Cheese Sandwich**.

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\*