

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

# SEPTEMBER 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**

**LABOR DAY**

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Baked Chicken Tenders  
 Potatoes Au Gratin  
 Sweet Peas  
 Seasonal Fresh Fruit

V: Veggie Nuggets

Beef Sloppy Joe  
 Baked Tater Tots  
 Buttered Corn  
 Seasonal Fresh Fruit

V: Veggie "Meat" Sloppy Joe

Crispy Chicken Sandwich  
 Sweet Potato Fries  
 Peas & Carrots Blend  
 Seasonal Fresh Fruit

V: Veggie Burger

Oven Baked Cheese Pizza  
 Green Beans  
 Cinnamon Baked Apples

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

V: Bean & Cheese Taco

Oven Baked Cheese Pizza  
 Crinkle Cut Carrots  
 Cinnamon Baked Apples

Baked Fish Sticks  
 Mashed Potatoes  
 Mixed Veggies  
 Cinnamon Baked Peaches

V: Veggie Nuggets

Mini Buttermilk Pancakes w/ Syrup  
 Potatoes O'Brien w/ Tri-Colored Bell Peppers

Turkey Sausage Patty  
 Seasonal Fresh Fruit  
 V: Veggie Sausage Patty

Penne Pasta w/ Beef Meat Sauce  
 Green Beans  
 Dinner Roll  
 Seasonal Fresh Fruit

V: Penne Pasta w/ Marinara Sauce

Arroz Con Pollo  
 (Yellow Rice w/ Chicken & Veggies)  
 Steamed Broccoli  
 Hawaiian Roll  
 Seasonal Fresh Fruit

V: Veggie "Chicken" & Yellow Rice

Oven Baked Cheese Pizza  
 Sweet Peas  
 Cinnamon Baked Apples

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

V: Bow Tie Pasta w/ Veggie "Chicken"

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

V: Bean & Cheese Taco

BBQ Chicken w/ Mashed Potatoes  
 Buttered Corn  
 Hawaiian Roll  
 Seasonal Fresh Fruit

V: Veggie BBQ Chicken Strips

Baked Chicken Tenders  
 Crinkle Cut Carrots  
 Macaroni & Cheese  
 Seasonal Fresh Fruit

V: Veggie Nuggets

Oven Baked Cheese Pizza  
 Green Beans  
 Cinnamon Baked Apples

Chicken Spinach Rigatoni Pasta w/ Mari-  
 nara Sauce  
 Steamed Broccoli  
 Dinner Roll  
 Seasonal Fresh Fruit

V: Spinach Rigatoni Pasta

French Toast Sticks w/ Syrup  
 Potatoes O'Brien w/ Tri-Colored Bell Peppers

Turkey Sausage Patty  
 Seasonal Fresh Fruit  
 V: Veggie Sausage Patty

Beef Cheeseburger  
 Baked Tater Tots  
 Crinkle Cut Carrots  
 Seasonal Fresh Fruit

V: Veggie Burger

Chicken Teriyaki Fried Rice w/ Mixed  
 Veggies  
 Crinkle Cut Carrots  
 Hawaiian Roll  
 Seasonal Fresh Fruit

V: Teriyaki Fried Rice w/ Veggie "Chicken"

Oven Baked Cheese Pizza  
 Peas & Carrots Blend  
 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\***