

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

NOVEMBER 2021

MEMORIAL LUTHERAN SCHOOL

Lunches Provided By:
Roadrunner Foods
 (p) 281-565-7902
 (f) 281-565-7904
 RoadrunnerFoodService.com

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST FOR LUNCH! 1 Buttermilk Waffles w/ Syrup Oven Baked Chicken Tenders Potatoes O'Brien w/ Tri-Colored Bell Peppers Seasonal Fresh Fruit V: Veggie Nuggets	2 Grilled Chicken Breast Mashed Potatoes Sweet Peas Cinnamon Baked Apples V: Veggie "Chicken" Strips	3 Ground Beef Soft Taco w/ Monterey Jack Cheese Spanish Rice w/ Mixed Veggies Refried Beans Seasonal Fresh Fruit V: Bean & Cheese Taco	4 Chicken & Spinach Rigatoni Pasta Green Beans Wheat Roll Seasonal Fresh Fruit V: Spinach Rigatoni w/ Marinara	5 Oven Baked Cheese Pizza Buttered Corn Cinnamon Baked Apples
8 Chicken Teriyaki Fried Rice w/ Mixed Veggies Crinkle Cut Carrots Wheat Roll Seasonal Fresh Fruit V: Teriyaki Rice w/ Veggie "Chicken"	9 Ground Beef Sloppy Joe on a Whole Wheat Bun Crispy Tater Tots Mixed Veggies Seasonal Fresh Fruit V: Veggie "Meat" Sloppy Joe	10 Fettucine Alfredo w/ Grilled Chicken California Veggie Blend Wheat Roll Seasonal Fresh Fruit V: Fettucine Alfredo	11 Oven Baked Chicken Tenders Potatoes Au Gratin Sweet Peas Seasonal Fresh Fruit V: Veggie Nuggets	12 Oven Baked Cheese Pizza Green Beans Cinnamon Baked Apples
15 Crispy Chicken Sandwich on a Whole Wheat Bun Buttered Corn Sweet Potato Fries Seasonal Fresh Fruit V: Veggie Burger	16 Spaghetti w/ Beef Meat Sauce Sweet Peas & Carrots Blend Wheat Roll Seasonal Fresh Fruit V: Spaghetti w/ Marinara Sauce	17 Chicken & Cheddar Cheese Quesadilla Spanish Rice w/ Mixed Veggies Refried Beans Seasonal Fresh Fruit V: Cheese Quesadilla	18 Sliced Turkey Breast w/ Gravy Mashed Sweet Potatoes Green Beans Dinner Roll Seasonal Fresh Fruit V: Veggie "Chicken" Strips	19 Oven Baked Cheese Pizza Steamed Broccoli Cinnamon Baked Apples
CHILD CARE ONLY 22 Oven Baked Fish Sticks Steamed White Rice Crinkle Cut Carrots Cinnamon Baked Apples V: Veggie Nuggets	CHILD CARE ONLY 23 Buttermilk Waffles w/ Syrup Turkey Sausage Patty Potatoes O'Brien w/ Tri-Colored Bell Peppers Seasonal Fresh Fruit V: Veggie "Sausage" Patty	CHILD CARE ONLY 24 Macaroni w/ Grilled Chicken California Veggie Blend Wheat Roll Seasonal Fresh Fruit V: Macaroni & Cheese	25 HAPPY THANKSGIVING!	26 NO SCHOOL
29 Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli Sweet Peas & Carrots Blend Wheat Roll Seasonal Fresh Fruit V: Bow Tie Pasta w/ Veggie "Chicken"	30 Oven Baked Chicken Tenders Mashed Potatoes Green Beans Seasonal Fresh Fruit V: Veggie Nuggets			

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

