

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

OCTOBER 2021

MEMORIAL LUTHERAN SCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday

4

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

V: Veggie Nuggets

5

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

V: Bean & Cheese Taco

6

Chicken & Spinach Rigatoni Pasta
 Sweet Peas
 Wheat Roll
 Seasonal Fresh Fruit

V: Spinach Rigatoni w/ Marinara

BREAKFAST FOR LUNCH! 7

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

V: Veggie "Sausage" Patty

1

Oven Baked Cheese Pizza
 Buttered Corn
 Cinnamon Baked Apples

11

Fettucine Alfredo w/ Grilled Chicken
 California Veggie Blend
 Wheat Roll
 Seasonal Fresh Fruit

V: Fettucine Alfredo

12

Grilled Chicken Breast over Steamed White Rice
 Sweet Peas
 Cinnamon Baked Apples

V: Veggie "Chicken" Strips

13

Ground Beef Sloppy Joe
 Crispy Tater Tots
 Buttered Corn
 Seasonal Fresh Fruit

V: Veggie "Meat" Sloppy Joe

14

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

V: Teriyaki Rice w/ Veggie "Chicken"

8

Oven Baked Cheese Pizza
 Crinkle Cut Carrots
 Cinnamon Baked Apples

15

Oven Baked Cheese Pizza
 Green Beans
 Cinnamon Baked Apples

18

Chicken & Cheddar Cheese Quesadilla
 Spanish Rice w/ Mixed Veggies
 Refried Beans
 Seasonal Fresh Fruit

V: Cheese Quesadilla

19

Crispy Chicken Sandwich on a Whole Wheat Bun
 Mashed Potatoes
 Sweet Peas
 Seasonal Fresh Fruit

V: Veggie Burger

20

Spaghetti w/ Beef Meat Sauce
 Green Beans
 Wheat Roll
 Seasonal Fresh Fruit

V: Spaghetti w/ Marinara

BREAKFAST FOR LUNCH! 21

Buttermilk Waffles w/ Syrup
 Oven Baked Chicken Tenders
 Potatoes O'Brien w/ Tri-Colored Bell Peppers
 Seasonal Fresh Fruit

V: Veggie Nuggets

22

Oven Baked Cheese Pizza
 Mixed Veggies
 Cinnamon Baked Apples

25

Oven Baked Fish Sticks
 Steamed White Rice
 California Veggie Blend
 Cinnamon Baked Apples

V: Veggie Nuggets

26

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

V: Bow Tie Pasta w/ Veggie "Chicken"

27

Cheeseburger on a Whole Wheat Bun
 Crispy Tater Tots
 Sweet Peas
 Seasonal Fresh Fruit

V: Veggie Burger

28

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

29

Oven Baked 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** or

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

