

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

# SEPTEMBER 2021

## MEMORIAL LUTHERAN SCHOOL

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**6**

**LABOR DAY**

**7**

Sliced Turkey and Cheddar Cheese Wrap w/ Lite Ranch  
 Pretzels & Cheddar Cheese Cubes  
 Seasonal Fresh Fruit

V: Sunbutter & Jelly Sandwich

**8**

Spaghetti w/ Beef Meat Sauce  
 Sweet Peas  
 Wheat Roll  
 Seasonal Fresh Fruit

V: Spaghetti w/ Marinara Sauce

**9**

BBQ Baked Chicken Leg  
 Mashed Potatoes  
 Mixed Veggies  
 Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

**10**

Oven Baked Cheese Pizza  
 Green Beans  
 Cinnamon Baked Apples

**13**

Chicken & Spinach Rigatoni Pasta  
 Buttered Corn  
 Wheat Roll  
 Seasonal Fresh Fruit

V: Spinach Rigatoni Pasta

**14**

Oven Baked Chicken Tenders  
 Green Beans  
 Loaded Mashed Potatoes  
 Seasonal Fresh Fruit

V: Veggie Nuggets

**15**

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

V: Bean & Cheese Taco

**16**

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

V: Teriyaki Fried Rice w/ "Veggie" Chicken

**17**

Oven Baked Cheese Pizza  
 Sweet Peas  
 Cinnamon Baked Apples

**20**

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

V: Veggie Nuggets

**21**

Fettucine Alfredo W/ Grilled Chicken  
 Oven Roasted Baby Carrots  
 Wheat Roll  
 Seasonal Fresh Fruit

V: Fettucine Alfredo

**22**

Beef Sloppy Joe on a Whole Wheat Bun  
 Oven Baked Tater tots  
 Buttered Corn  
 Seasonal Fresh Fruit

V: Veggie Meat Sloppy Joe

**23**

**BREAKFAST FOR LUNCH!**

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

V: Veggie Nuggets

**24**

Oven Baked Cheese Pizza  
 Mixed Veggies  
 Cinnamon Baked Apples

**27**

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

V: Cheddar Cheese Quesadillas

**28**

Sliced Turkey and Cheddar Cheese Wrap w/ Lite Ranch  
 Italian Pasta Salad w/ Diced Tomatoes, Celery, & Fresh Parmesan  
 Seasonal Fresh Fruit

V: Sunbutter & Jelly Sandwich

**29**

Grilled Teriyaki Chicken Breast over Steamed White Rice  
 California Veggie Blend  
 Cinnamon Baked Apples

V: Veggie Teriyaki "Chicken" Strips

**30**

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"

**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** 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\***