

Memorial Lutheran School Menu October--2019

Monday	Tuesday	Wednesday	Thursday	Friday
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
	Crispy Chicken Croissant Sandwich, Mashed Potatoes, Green Peas and Diced Carrots, Fresh Cut Fruit Turkey & Cheddar Sandwich	Teriyaki Chicken with Broccoli and Carrots, Steamed Rice, French Bread, Fresh Cut Fruit Grilled Cheese Sandwich	Grassfed Beef with Spaghetti, Fresh Green Beans and Carrots, Fresh Cut Fruit 100% Beef Hot Dog	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Grilled Chicken and Cheese Wrap
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit Roast Beef & Cheddar Sandwich	Turkey and Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit Turkey & Cheddar Sandwich	Grass-fed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit Grilled Cheese Sandwich	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit 100% Beef Hot Dog	Chicken & Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit Grilled Chicken and Cheese Wrap
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit Roast Beef & Cheddar Sandwich	Rosemary Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Baked French Bread, Fresh Cut Fruit Turkey & Cheddar Sandwich	Grass-fed Beef Sloppy Joe Sliders with Jack Cheese, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit Grilled Cheese Sandwich	Grilled Turkey and Cheese Sandwich, Roasted Red Potatoes, Steamed Broccoli, Fresh Cut Fruit 100% Beef Hot Dog	Breakfast for Lunch: Eggs, Turkey Sausage, Pancakes, Breakfast Potato Steamed Broccoli, Fresh Cut Fruit Grilled Chicken and Cheese Wrap
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit Roast Beef & Cheddar Sandwich	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette Turkey & Cheddar Sandwich	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit Grilled Cheese Sandwich	100% Beef Hot Dogs, Baked Beans, Fresh Corn, Fresh Cut Fruit 100% Beef Hot Dog	Classic Beef Lasagna with Grass-fed Beef, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit Grilled Chicken and Cheese Wrap
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Parmesan and Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit Roast Beef & Cheddar Sandwich	BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit Turkey & Cheddar Sandwich	Grass-fed Beef Chili with Black Beans & Cheddar Cheese, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit Grilled Cheese Sandwich	Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Green Peas & Diced Carrots, Fresh Cut Fruit 100% Beef Hot Dog	