

OCTOBER 2017

ST. JOHN'S LUTHERAN SCHOOL
DAILY OFFERING 3 ENTREES - THE ROTATING CLASSIC MEAL, NEWTON
MEAL (MUFFIN OR BAGEL WITH YOGURT AND STRING CHEESE) OR
M-W-F: DELI SANDWICH AND T&TH: CHICKEN CAESAR SALAD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Homemade Mac & Cheese</p> <p>Warm Golden Breadstick Steamed Peas Fresh Baby Carrots Choice of Fruit</p>	<p>3</p> <p>Cheesy Chicken Quesadilla</p> <p>Pinto Beans Crisp Romaine Lettuce Salsa Choice of Fruit</p>	<p>4</p> <p>Chicken Patty on a Bun</p> <p>Crisp Romaine Lettuce Fresh Cherry Tomatoes Choice of Fruit</p>	<p>5</p> <p>Pancakes w/Syrup</p> <p>Scrambled Eggs Toasty Tater Tots Crunchy Baby Carrots Choice of Fruit</p>	<p>6</p> <p>Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries Choice of Fruit</p>
<p>9</p> <p>Chicken Burrito</p> <p>Tater Tots Fresh Broccoli Buds Choice of Fruit</p>	<p>10</p> <p>Golden Corn Dog</p> <p>Tangy Coleslaw Fresh Baby Carrots Choice of Fruit</p>	<p>11</p> <p>Cheesy Beef Nachos</p> <p>Refried Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Choice of Fruit</p>	<p>12</p> <p>Pepperoni Pizza</p> <p>Garden Fresh Salad Fresh Broccoli Buds Choice of Fruit</p>	<p>13</p> <p><u>Half Day</u></p> <p><u>No Lunch Served</u></p>
<p>16</p> <p>Toasty Grilled Cheese</p> <p>Tomato Soup Steamed Mixed Veggies Fresh Popeye Salad Choice of Fruit</p>	<p>17</p> <p>Golden Chicken Nuggets</p> <p>Steamed Green Beans Fresh Baby Carrots Dinner Roll Choice of Fruit</p>	<p>18</p> <p>Zesty Tachos</p> <p>Spanish Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans Choice of Fruit</p>	<p>19</p> <p>Spaghetti w/Meat Sauce</p> <p>Warm Dinner Roll Caesar Salad Fresh Baby Carrots Choice of Fruit</p>	<p>20</p> <p>Pizza Dippers w/Marinara Sauce</p> <p>Seasoned Green Beans Crisp Romaine Salad Choice of Fruit</p>
<p>23</p> <p>American Club Sub</p> <p>Crisp Cucumber Slices w/Ranch Choice of Fruit</p>	<p>24</p> <p>Walking Taco</p> <p>Zesty Spanish Rice Mexi-Corn Romaine Lettuce Fresh Diced Tomatoes Choice of Fruit</p>	<p>25</p> <p>Hot Dog on a Bun</p> <p>Seasoned Baked Fries Crisp Garden Salad Choice of Fruit</p>	<p>26</p> <p><u>No School</u></p>	<p>27</p> <p><u>No School</u></p>
<p>30</p> <p>Pancakes w/Syrup</p> <p>Scrambled Eggs Toasty Tater Tots Crunchy Baby Carrots Choice of Fruit</p>	<p>31</p> <p>Crispy Chicken Parmesan</p> <p>Penne Pasta Fresh Popeye Salad Steamed Italian Veggies Choice of Fruit</p>		<p>Butternut squash can be substituted in any recipe for pumpkin.</p> <p>FRESH PICKS</p>	<p>Choose MyPlate.gov</p>

Student Meals \$3.30
Milk ala carte \$0.30
Adult Meals \$3.90

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For questions and comments, please email the Food Service Director at Aviands@whitnall.com or call 414-525-8430

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