

# ◀ October 2024 ▶

## St. John's Lutheran School Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> taco salad, tortilla chips, tomato salsa, 2.85 refried beans, fresh fruit, milk	<b>2</b> ham sandwich, fritos, fresh 2.85 fruit, fresh vegetable, milk	<b>3</b> chicken nuggets, whole wheat roll, mashed 2.85 potatoes and gravy, tossed salad, fresh fruit, milk	<b>4</b> Beef & Noodles, Mashed Potatoes, Green Beans, 2.85 Grapes, Fruit, Blueberry Oat Muffin	<b>5</b>
<b>6</b>	<b>7</b> riblet, french 2.85 fries, carrots, fruit, milk	<b>8</b> taco soup, tortilla chips and salsa, 2.85 broccoli, fresh fruit, milk	<b>9</b> spaghetti, salad, garlic 2.85 bread, fresh fruit, milk	<b>10</b> chicken quesadilla, refried beans, 2.85 chips and salsa, fresh fruit, milk	<b>11</b> BBQ Beef on Bun, Peas, Baked 2.85 Beans, Fruit Salad, Royal Brownie	<b>12</b>
<b>13</b>	<b>14</b> meatball sub, mac n' cheese, 2.85 salad, fresh fruit, milk	<b>15</b> Baked Chicken Drumstick, Rice, Roll, 2.85 Broccoli, Tomatoes, Fresh Fruit	<b>16</b> Country Style Beef Pattie, Whole Wheat Roll, Mashed 2.85 Potatoes & Gravy, Steamed Broccoli, Fruit	<b>17</b> pizza, cottage cheese, 2.85 salad, fresh fruit, milk	<b>18</b> biscuits and gravy, sausage patty, sugar snap 2.85 peas, hash brown patty, fresh fruit, milk	<b>19</b>
<b>20</b>	<b>21</b> hamburger on a bun, lettuce, tomato 2.85 slice, fries, fresh fruit, milk	<b>22</b> chicken wrap, spanish brown rice, lettuce, tomato slice, 2.85 sauteed zucchini, oatmeal cookie, fresh fruit, milk	<b>23</b> macaroni and cheese meatballs, whole wheat bread, seasoned 2.85 peas, fresh baby carrots, apple salad, fresh fruit	<b>24</b> Chili dogs, lays chips, fresh fruit, 2.85 veggie, and milk	<b>25</b> <i>No School</i>	<b>26</b>
<b>27</b>	<b>28</b> <i>No School</i>	<b>29</b> 2.85 sloppy joes, roasted potatoes, baked beans, fresh fruit,	<b>30</b> 2.85 corn dog, green beans, tater tots, fresh fruit, milk	<b>31</b> 2.85 Super Nachos, Refried Beans, Fresh Mixed		

		fresh vegetables, milk		Salad, Fruit Cup		
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