



Don't forget to eat your vegetables

Emanuel Lutheran School Lunch Menu

Fresh vegetable choices and seasonal fruit are offered daily on the fruit & vegetable bar

October 2018

MONDAY

Child Health Day

1

Corn Dog

Sloppy Joe on a Bun

Corn

TUESDAY

Bully Prevention Month

2

Crispy Chicken Sandwich

Ham, Egg & Cheese on English Muffin

Tator Tots

WEDNESDAY

National Pizza Month

3

Cheese Pizza

Yogurt Pak with Bagel

THURSDAY

National Taco Day

4

Soft Beef Tacos
Lettuce, Tomato, Cheese

Crispy Chicken Nuggets
Whole Grain Dinner Roll

Refried Beans

FRIDAY

No School

5

Chicken & Gravy
Whole Grain Dinner Roll

Corn Dog

Mashed Potatoes

8

Pancakes
Syrup
Hard Boiled Egg

Grilled Cheese Sandwich

Tator Tots

9

HOM-Pears

Cheeseburger on Bun

BBQ Rib Sandwich

Golden French Fries

10

Cheese Quesadilla

BBQ Chicken Sandwich

Baked Beans

11

Cheese Pizza

Hot Turkey & Cheese Sandwich

Green Beans

12

School Lunch Week

15

Hamburger on a Bun

Roasted Hot Dog on a Bun

Tator Tots

Crispy Chicken Tenders
Whole Grain Dinner Roll

Grilled Ham & Cheese Sandwich

Roasted Broccoli

16

HOM-Beets

Maxx Sticks
Marinara Sauce

Salisbury Steak Sandwich

Beets

17

Beefy Nachos with Cheese

Chicken Bacon Ranch Melt

Refried Beans

18

Pepperoni Pizza

Yogurt Pak with Bagel

Garden Salad

19

Corn Dog

Chicken & Cheese Flatbread

Baked Beans

22

French Toast Sticks
Syrup
Hard Boiled Egg

Hot Turkey & Cheese Sandwich

Tator Tots

23

National Pretzel Month

Beefy Nachos with Cheese

Pretzel Bites w/Cheese Cubes

Green Beans

24

No School

25

No School

26

Spaghetti with Meatballs
Garlic Toast

Crispy Chicken Sandwich

Green Peas

29

Sloppy Joe on a Bun

Roasted Hot Dog on a Bun

Baked Beans

30

Halloween Shaped Chicken Nuggets
Whole Grain Dinner Roll

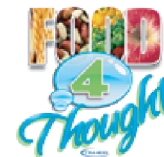
BBQ Rib Sandwich

Tator Tots

31



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Prices

Student	\$3.25
Reduced	\$0.40
Adult	\$4.00
Extra Milk	\$0.40

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% white, skim or chocolate skim is included with lunch

