

October

2018

September							November						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
30													

SUNDAY	ST. JOHN'S	LUTHERAN	SCHOOL	MENU		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	Alfredo Chicken Pasta Broccoli Medley Cubed Melon Salad Bar 2% Milk *Alfredo Spinach Pasta	Beef & Bean Tostada Fresh Berries Vanilla Pudding Salad Bar 2% Milk *Bean & Cheese Tostada	Salami, Pepperoni & Ham Spin Wheels Apple Sauce Power Muffin Salad Bar 2% Milk *Hummus & Veggie Spin Wheels	Grilled Tri-Tip Roasted Red Potatoes Italian Squash Medley Peaches Salad Bar 2% Milk *Grilled Egg Plant Roll	Minimum Day Schedule/No Lunch	
7	8	9	10	11	12	13
	Turkey Burger Strawberry Yogurt Parfait Baked Gold Fish Salad Bar 2% Milk *Garden Burger	Taco Tuesday Crunchy Chicken Taco Refried Beans Spanish Rice Fresh Pear Slices Salad Bar 2% Milk *Roasted Cauliflower Tacos	Mini Corn Dogs Sweet Potato Fries Mixed Fruit Salad Bar 2% Milk *Vegan Corn Dogs	Minimum Day Schedule/No Lunch	Minimum Day Schedule/No Lunch	
14	15	16	17	18	19	20
	Grilled Chicken Ranch Wrap Apple Slices Rice Crispy Treat Salad Bar *Avacado Ranch Wrap	Loaded Baked Potato Vegetable Chili Blueberry Bar Wheat Roll Salad Bar 2% Milk *Loaded Baked Potato	Beef & Kale Stroganoff Bread Roll Apple Sauce Salad Bar 2% Milk *Hearty Vegetable Stroganoff	Boneless Pork Chop Brown Rice Pilaf Vegetable Medley Cinnamon Baked Pumpkin Sticks Salad Bar 2% Milk *Grilled Tofu	Pepperoni Personal Pizza Tomato Cucumber Salad Chocolate Pudding with bananas Salad Bar 2% Milk *Cheese Pizza	
21	22	23	24	25	26	27
	Baked Chicken Strips Mac n Cheese Green Beans Pineapple 2% Milk *Baked Zucchini Strips	Steak Fajita Bowl Corn on the Cob Wheels Orange Wedges Salad Bar 2% Milk *Avocado Fajita Bowl	Chicken Parmesan Fettuccine Broccoli Medley Grapes Salad Bar 2% Milk *Polenta Parmesan	Turkey Bacon Melt Carrot Sticks Ranch Cookie Salad Bar 2% Milk *Caprese Melt	Bbq Pulled Pork Mashed Potatoes & Gravy Asparagus Medley Watermelon Salad Bar 2% Milk *BBQ Jackfruit Pulled "Pork"	
28	29	30	31	1	2	3
	Cheeseburger Baked Potato Wedges Grapes Salad Bar 2% Milk *Portobello Mushroom Mozzarella Burger	Orange Chicken Stir Fry White Rice Chocolate Zucchini Bread Salad Bar 2% Milk *Yellow Squash & Tofu Stir Fry	Eye Ball Pasta  Meat Sauce Spinach Pasta Ghoul Vegetables Garlic Jack O Lantern Bread Halloween Dessert Salad Bar 2% Milk *Meatless Marinara Eye Ball Pasta			
4						10

