

ST JOHN LUTHERAN SCHOOL MENU

October 2022

USDA is an equal opportunity employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Quesadilla Tortilla Chips Refried Beans Fruit	4 Pizza Salad Tomato Fruit	5 Hamburger Potato Wedges Fruit	6 Potato Soup Fresh Broccoli Fruit Crackers	7 Beef & Noodles Green Beans Roll Broccoli Fruit
10 NO SCHOOL Kansas District Educators Conference	11 NO SCHOOL Kansas District Educators Conference	12 Pigs in a blanket Potato Wedges Broccoli w Cheese Fruit	13 Baked Chicken Leg Banana Bread Baked Beans Fruit	14 Pancake Sausage Patty Fresh Carrots Fruit Fresh Broccoli
17 Taco Lettuce Tomato Refried Beans Fruit	18 Tater tot Casserole Green Beans Roll Fruit	19 Chicken Alfredo Tossed Salad Fruit	20 Corn dog Baked Beans Broccoli Fruit	21 Baked Ham biscuit Fresh Carrots Fruit
24 Super Nachos Refried Beans Fruit	25 Macaroni & Cheese Meatballs Fresh Baby Carrots fruit	26 Hot Ham n Cheese Potato Wedges Fresh Broccoli Fruit	27 Sweet n Sour Chicken Nuggets Lo Mein Noodles Fresh Broccoli Fruit	28 Biscuits & Gravy Tater Tots Fruit
31 Chicken Quesadilla Tortilla Chips Refried Beans Fruit				

PLEASE NOTE: Milk choice includes a choice of non-fat (flavored or unflavored) or 1% milk (unflavored). Reduced fat dressing is served with salads and fresh vegetables. The menu is subject to change to make the best use of food.