

# ST JOHN LUTHERAN SCHOOL MENU

## September 2022

USDA is an equal opportunity employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Corn dog Baked Beans Broccoli Fruit	2 Biscuits & Gravy Tater Tots Fresh Sugar Snap Peas Fresh Fruit
5 <b>NO SCHOOL</b>  LABOR DAY	6 Macaroni & Cheese Meatballs Peas & carrots Fresh Baby Carrots fruit	7 Hamburger Potato Wedges Fruit	8 Taco Lettuce Tomato Refried Beans Canned Fruit	9 Tater tot Casserole Green Beans Roll Fruit
12 Taco Salad Corn Canned Fruit	13 Spaghetti w Meat sauce Green Beans Garden Salad Canned Fruit	14 Pigs in a blanket Potato Wedges Broccoli w Cheese Fresh Fruit	15 Baked Chicken Leg Banana Bread Baked Beans Fresh Fruit	16 Pancake Sausage Patty Fresh Carrots Canned Fruit Fresh Broccoli
19 Chicken Quesadilla Tortilla Chips Refried Beans Fresh Cantaloupe	20 Beef & Noodles Green Beans Roll Broccoli Mango	21 Meatball Sub Potato wedges Tossed Salad Peaches	22 Sweet n Sour Chicken Nuggets Lo Mein Noodles Fresh Broccoli Fruit	23 Baked Ham biscuit Fresh Carrots Fruit
26 <b>NO SCHOOL</b>  Teacher in Service	27 Cheese Pizza Salad Tomato Fruit	28 Hot Ham n Cheese Potato Wedges Fresh Broccoli Canned Fruit	29 Corn dog Baked Beans Broccoli Fruit	30 Biscuits & Gravy Tater Tots Fresh Sugar Snap Peas Fresh 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.