

ST. PHILIP' LUTHERN SCHOOL – LUNCH MENU OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	1 Beef Hot on a Whole grain bun Vegetarian beans Fruit Milk	2 Chicken Nuggets Rice Steamed Broccoli Fruit Milk	3 Turkey w/gravy Rice Green beans w/g bread Fruit Milk	4 Turkey & Cheese on w/g bread w/ romaine lettuce leaf, tomatoes, carrots Fruit Milk
	7 Chicken Tetrizzini Green Beans Whole grain bread Fruit Milk	8 Hamburger on a w/g bun Whole kernel corn Fruit Milk	9 Taco Casserole Spinach Whole grain roll Fruit Milk	10 BBQ Baked Chicken Vegetarian Beans Coles Fruit Milk
14 Spaghetti w/ meat sauce, sweet peas, w/g bread Fruit Milk	15 Beef Hot on a Whole grain bun Vegetarian beans Fruit Milk	16 Chicken Nuggets Rice Steamed Broccoli Fruit Milk	17 Turkey w/gravy Mashed Potatoes Green beans w/g bread Fruit Milk	18 Turkey & Cheese on w/g bread w/ romaine lettuce leaf, tomatoes, carrots Fruit Milk
21 Chicken Tetrizzini Green Beans Whole grain bread Fruit Milk	22 Hamburger on a w/g bun Whole kernel corn Fruit Milk	23 NO SCHOOL – Parent/Teacher Conferences	24 NO SCHOOL – Teacher's Convention	25 NO SCHOOL – Teacher's Convention
28 Spaghetti w/ meat sauce, sweet peas, w/g bread Fruit Milk	29 Beef Hot on a Whole grain bun Vegetarian beans Fruit Milk	30 Chicken Nuggets Rice Steamed Broccoli Fruit Milk	31 Turkey w/gravy Mashed Potatoes Green beans w/g roll Fruit Milk	Fat-free white milk or fat-free chocolate milk is served with every meal.

BREAKFAST IS SERVED EVERYDAY FROM 7:00AM – 7:30AM.
Cereal, fruit, graham crackers and milk. All students eat for free!