

ST. PHILIP'S LUTHERAN SCHOOL – LUNCH MENU SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Beef Hot on a Whole grain bun Vegetarian beans Fruit Milk	4 Chicken Nuggets Rice Steamed Broccoli Fruit Milk	5 Spaghetti w/ meat sauce, sweet peas, w/g bread Fruit Milk	6 Turkey & Cheese sandwich, carrots w/ranch dip, fruit, Milk
9 Sloppy Jo on a w/g bun Whole kernel corn Fruit Milk	10 Chicken Tetrazzini Green Beans Whole grain bread Fruit Milk	11 Mac & cheese Spinach Whole grain bread Fruit Milk	12 BBQ Baked Chicken Vegetarian Beans Coleslaw Fruit Milk	13 Turkey Ham & Cheese sandwich, carrots and broccoli w/ranch dip, fruit, Milk
16 Turkey meatballs w/gravy Mashed potatoes, w/g roll Fruit Milk	17 Beef Hot on a Whole grain bun Vegetarian beans Fruit Milk	18 Chicken Nuggets Rice Steamed Broccoli Fruit Milk	19 Spaghetti w/ meat sauce, sweet peas, w/g bread Fruit Milk	20 Turkey & Cheese sandwich, carrots w/ranch dip, fruit, Milk
23 Sloppy Jo on a w/g bun Whole kernel corn Fruit Milk	24 Chicken Tetrazzini Green Beans Whole grain bread Fruit Milk	25 Mac & cheese Spinach Whole grain bread Fruit Milk	26 BBQ Baked Chicken Vegetarian Beans Coleslaw Fruit Milk	27 NO SCHOOL – FACULTY INSERVICE
30 Turkey meatballs w/gravy Mashed potatoes. w/g roll Fruit Milk			1% Low-fat milk or fat-free chocolate milk is served with every meal	This institution is an equal opportunity provider.

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