

# SEPTEMBER 2022

## St. John's Lutheran School

### LUNCH



**Always Available  
Sun Butter Sandwich**



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**LASAGNA** 1  
**STEAMED BROCCOLI**  
**SLICED CUCUMBERS**  
**FRUIT**  
**MILK**

**NO SCHOOL** 2

**Labor Day** 5

**CHICKEN PATTY** 6  
**WHOLE GRAIN BUN**  
**BROCCOLI**  
**FRUIT**  
**MILK**

**HOT DOG W/BUN** 7  
**POTATO WEDGES**  
**COLESLAW**  
**FRUIT**  
**MILK**

**BBQ MEATBALLS** 8  
**DINNER ROLL**  
**CARROTS**  
**FRUIT**  
**MILK**

**CHEESE PIZZA** 9  
**SALAD**  
**CHEF CHOICE VEG**  
**FRUIT**  
**MILK**

**SLOPPY JOE W/BUN** 12  
**GREEN BEANS**  
**FRUIT**  
**MILK**

**BAKED CHICKEN** 13  
**MASHED POTATO**  
**W/GRAVY BROCCOLI**  
**FRUIT MILK**

**BREAKFAST BURRITO** 14  
**W/ TURKEY SAUSAGE**  
**CARROTS**  
**FRUIT MILK**

**BBQ CHICKEN SAND** 15  
**CORN**  
**SLICED CUCUMBER**  
**FRUIT MILK**

**CHEESE PIZZA** 16  
**SALAD**  
**CHEF CHOICE VEG**  
**FRUIT MILK**

**CHICKEN ALFREDO** 19  
**BREADSTICK**  
**BROCCOLI**  
**FRUIT MILK**

**BEEF TACOS W/** 20  
**FIXINGS**  
**REFRIED BEANS**  
**FRUIT MILK**

**ORANGE CHICKEN** 21  
**BROWN RICE'**  
**SNAP PEAS&CARROTS**  
**FRUIT MILK**

**CORN DOG** 22  
**POTATO WEDGES**  
**SALAD**  
**FRUIT MILK**

**CHEESE PIZZA** 23  
**SALAD**  
**CHEF CHOICE VEG**  
**FRUIT MILK**

**CHEESEBURGER** 26  
**TOTS**  
**CARROTS**  
**FRUIT MILK**

**ITALIAN DUNKERS** 27  
**MARINARA**  
**CORN**  
**FRUIT MILK**

**CHICKEN NUGGETS** 28  
**TOTS**  
**CELERY CARROT RANCH**  
**FRUIT MILK**

**LASAGNA** 29  
**BROCCOLI**  
**SLICED CUCUMBER**  
**FRUIT MILK**

**CHEESE PIZZA** 30  
**SALAD**  
**CHEF CHOICE VEG**  
**FRUIT MILK**



**Always available**  
Ham, Turkey or Sun Butter  
Sandwich



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



#### MONDAY

CHICKEN PATTY **3**  
WG BUN  
BROCCOLI  
FRUIT  
MILK

HOT DOG **10**  
POTATO WEDGES  
COLESLAW  
FRUIT  
MILK

BREAKFAST **17**  
BURRITO W/TURKEY  
SAUSAGE  
CARROTS  
FRUIT MILK

BEEF TACOS W/  
FIXINGS **24**  
REFRIED BEANS  
FRUIT  
MILK

CHICKEN NUGGETS **31**  
TOTS  
CELERY AND RANCH  
FRUIT  
MILK

#### TUESDAY

CHICKEN NUGGETS **4**  
TOTS  
CELERY CARROT RANCH  
FRUIT  
MILK

BBQ MEATBALLS **11**  
DINNER ROLL  
CARROTS  
FRUIT  
MILK

CHICKEN ALFREDO **18**  
BREADSTICK  
BROCCOLI  
FRUIT  
MILK

ORANGE CHICKEN **25**  
BROWN RICE  
SNAP PEAS AND CARROT  
FRUIT  
MILK

HAPPY HALLOWEEN!

#### WEDNESDAY

CHEESE PIZZA **5**  
SALAD  
CHEF CHOICE VEG  
FRUIT  
MILK

BAKED CHICKEN **12**  
MASHED  
POTATO&GRAVY  
BROCCOLI  
FRUIT MILK

CHEESE PIZZA **19**  
SALAD  
CHEF CHOICE VEG  
FRUIT  
MILK

CORN DOG **26**  
GREEN BEANS  
SALAD  
FRUIT  
MILK

#### THURSDAY

NO SCHOOL **6**

SLOPPY JOE **13**  
WG BUN  
CORN SLICED CUCUMBER  
FRUIT  
MILK

NO SCHOOL **20**

ITALIAN DUNKERS W/  
MARINARA **27**  
STEAMED CORN  
FRUIT  
MILK

#### FRIDAY

NO SCHOOL **7**

CHEESE PIZZA **14**  
SALAD  
CHEF CHOICE VEG  
FRUIT  
MILK

NO SCHOOL **21**

CHEESE PIZZA **28**  
SALAD  
CHEF CHOICE VEG  
FRUIT  
MILK

