



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?

***This institution is an equal opportunity provider.**



MONDAY



WG Corn Dog 1ea.
French Fries 4oz
Baked Beans 4oz
Fruit 4oz
Milk 8Floz

Baked Potato Bar 1ea.
Diced Ham/Bacon 2 oz
Chile/Broccoli 2 oz
Fruit /Cheddar Cheese 2oz
Milk/Butter/Sour Cream

**NO
SCHOOL**

WG Chicken Patty 3oz
WG Bun 1ea.
Smile Fries 4oz
Steamed Carrots 4 oz
Fruit, Milk 4oz, 8Floz

TUESDAY



WG Orange Chicken 4oz
Brown Rice 3/4c
Steamed Broccoli 4oz
Fruit 4oz
Milk 8Floz

Hot Dog w/WG Bun 1ea.
French Fries 4oz
Grape Tomatoes 4oz
Fruit 4oz
Milk 8Floz

Cheeseburger 1ea.
WG Bun 1ea.
Tater Tots 4oz
Fruit, Milk 4oz, 8Floz

Chicken Alfredo w/WG
Pasta 4oz, 6oz
WG Garlic Bread 1ea.
Broccoli 4oz
Fruit, Milk 4oz, 8Floz

WEDNESDAY

*Fresh vegetables
available daily.
*WG=Whole Grain
1 percent milk provided
daily.

*Pulled Pork 3oz
WG Bun 1ea.
WG Chips 1oz
Green Beans 4oz
Milk 8Floz

Chicken Taco 3oz
w/Fixings 2oz, 1oz
Refried Beans 4oz
Spanish Rice/Fruit 4oz, 4oz
Milk 8Floz

Walking Taco 2oz, 1oz
w/Fixings 2oz, 1oz
Refried Beans 4oz
Spanish Rice, Fruit 4oz
Milk 8Floz

BBQ Meatballs 3oz
Green Beans 4oz
WG Chip/Dinner Roll 1ea.
Fruit 4oz
Milk 8Floz

THURSDAY

BBQ Meatballs 3oz
Steamed Carrots 4oz
WG Chips, Dinner Roll 1ea.
Fruit 4oz
Milk 8Floz

WG Beefy Nachos 1ea.
Refried Beans 4oz
Salsa 2oz
Fruit 4oz
Milk 8Floz

**NO
SCHOOL**

WG Cheese Pizza 1ea.
Romain Salad 3/4c
Green Beans 4oz
Fruit 4oz
Milk 8Floz

WG Grilled Cheese 1ea.
Tomato Soup 4oz
Steamed Peas 4oz
Fruit 4 oz
Milk 8Floz

FRIDAY

WG Italian Dunkers 1ea.
Marinara Sauce 2oz
Baby Carrots 4oz
Fruit, Milk 4oz, 8Floz

WG Cheese Pizza 1ea.
Romain Salad 3/4c
Steamed Corn 4oz
Fruit 4oz
Milk 8Floz

**NO
SCHOOL**

Mini Corn Dogs 6ea.
French Fries 4oz
Baby Carrots 4oz
Fruit, WG Cookie 4oz, 1oz
Milk 8Floz

WG Italian Dunkers 1ea.
Marinara Sauce 2oz
Baby Carrots 4oz
Fruit 4oz
Milk 8Floz



St. John's Lutheran School

OCTOBER 2026