



Our Savior Lunch Menu

October 2018

*All menu items are subject to change.
WG=Whole Grain

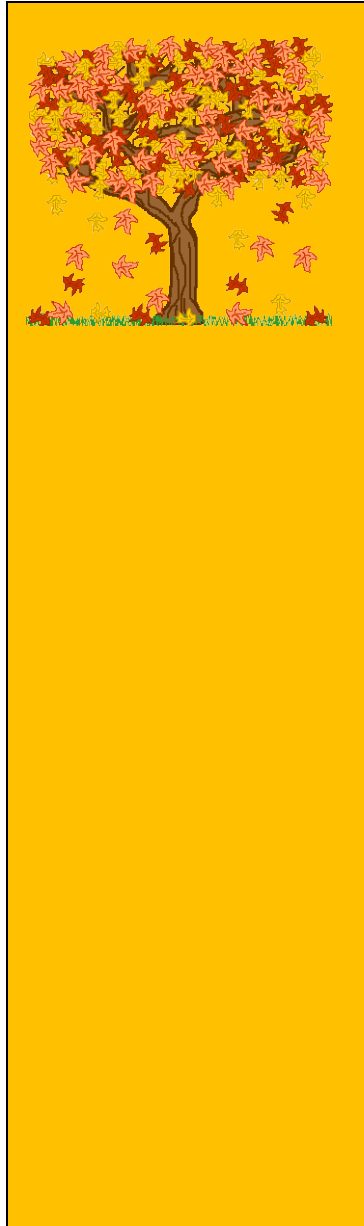
MONDAY

TUESDAY

WEDNESDAY

THURSDA

FRI



Shredded BBQ Chicken on a W.G. Bun Diced Carrots Diced Pears Milk Veg - bbq beans on a w.g. bun	1	Cheese Burger on a W.G. Bun Ketchup Seasoned Corn Applesauce Milk Veg - cheese sandwich	2	Sliced Rosa Chicken with Fettuccini Mixed Green Salad with Golden Italian Dressing Pineapple Tidbits Slice of French Bread Milk Veg - pasta in marinara	3	Swedish Meatballs Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	4	Bag Lunch Provided Meat and Cheese Sandwich Fruit Veggie Milk	5
Baked Chicken Tenders BBQ Sauce Seasoned Green Beans Pineapple Tidbits Milk Veg - seasoned brown rice with beans	8	Lasagna Hot Dish with Beef and Cheese Mixed Green Salad with Golden Italian Dressing Banana Slice of French Bread Milk Veg - pasta in marinara	9	Baked Chicken Breast on a W.G. Bun Slice of Cheese BBQ Sauce Fresh Broccoli with Ranch Dip Diced Peaches Milk Veg - bbq beans on a bun	10	Soft Beef Taco Lettuce and Cheese Taco Sauce Seasoned Corn Red Apple Milk Veg - bean taco	11	Wild Rice Hot Dish with Sliced Chicken Fresh Sliced Cucumbers with Ranch Dip Mandarin Oranges W.G. Dinner Roll Milk Veg - cheese sandwich	12
Sloppy Joe on a W.G. Bun Seasoned Green Beans Red Apple Milk Veg - bbq bean on a w.g. bun	15	Sliced Chicken Alfredo with Penne Pasta Mixed Green Salad with French Dressing Diced Peaches Slice of French Bread Milk Veg - pasta in marinara	16	Salisbury Steak in a Beef Gravy Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	17	Bag Lunch Provided Meat and Cheese Sandwich Fruit Veggie Milk	18	Italian Meatballs on a Coney Bun Shredded Mozzarella Cheese Seasoned Corn Orange Milk Veg - cheese sandwich	19
Baked Chicken Patty on a W.G. Bun BBQ Sauce Diced Carrots Diced Pears Milk Veg - bbq beans on a w.g. bun	22	Baked Meatloaf in a Tomato Beef Gravy Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	23	Bag Lunch Provided Meat and Cheese Sandwich Fruit Veggie Milk	24	Soft Chicken Taco Lettuce and Cheese Taco Sauce Seasoned Corn Red Apple Milk Veg - bean taco	25	Pizza Hot Dish with Beef and Cheese Mixed Green Salad with Creamy Italian Dressing Pineapple Tidbits Slice of French Bread Milk Veg - pasta marinara	26
Baked Chicken Nuggets BBQ Sauce Seasoned Green Beans Fresh Orange Milk Veg - cheese sandwich	29	BBQ Beef Riblet on a Coney Bun Shredded Cheddar Cheese Fresh Broccoli with Ranch Dip Diced Pears Milk Veg - bbq beans on a coney bun	30	Baked Chicken Breast in a Garlic Cream Sauce Mashed Potatoes Red Apple W.G. Dinner Roll Milk Veg - seasoned rice and beans	31				