



Our Savior Lunch Menu October 2020

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			Soft W.G. Beef Taco Lettuce + Cheese Taco Sauce Seasoned Corn Applesauce Milk Veg - bean taco	1	School Provided Bag Lunch Meat and Cheese Sandwich Veggie Fruit Milk	2			
Sloppy Joe on a WG Bun Diced Carrots Applesauce Milk	5	W.G. Penne Pasta in Italian Meatsauce W.G. Bun Mixed Green Salad with Creamy Italian Dressing Banana French Bread Slice Milk	6	Swedish Meatballs Mashed Potatoes Pineapple Tidbits Slice of W.G. Bread Milk	7	Wild Rice Hot Dish with Sliced Chicken Fresh Broccoli with Ranch Dip Orange Slice of W.G. Bread Milk	8	Cheese Burger on a W.G. Bun Ketchup Seasoned Corn Diced Peaches Milk Veg - bbq beans on a w.g. bun	9
Veg- cheese sandwich		Veg - pasta Marinara		Veg - brown rice + beans		Veg - vegetable rice soup			
W.G. Chicken Tenders BBQ Sauce Diced Carrots Applesauce Milk	12	Meatloaf Baked in a Tomato Beef Gravy Mashed Potatoes Diced Peaches Slice of W.G. Bread Milk	13	W.G. Lasagna Hot Dish with Chicken and Cheese Mixed Green Salad with Creamy Italian Dressing Banana Slice of French Bread Milk	14	Childcare, Preschool and Kindergarten CLOSED Teacher Workshop	15	Chicken and Brown Rice in a Cheese Sauce Sliced Cucumbers with Ranch Dip Oranges Slice of W.G. Bread Milk No Preschool, Lunch Bunch, Lunch Bunch Plus, or Kind. Veg - vegetable rice soup	16
Veg - cheese sandwich		Veg - brown rice + beans		Veg - pasta marinara					
BBQ Chicken on a W.G. Bun Seasoned Corn Diced Peaches Milk	19	W.G. Pizza Hot Dish with Beef and Cheese Mixed Salad with Creamy Italian Dressing Slice of French Bread Banana Milk	20	Chicken Breast in a Chicken Gravy Mashed Potatoes Applesauce Slice of W.G. Bread Milk	21	School Provided Bag Lunch Meat and Cheese Sandwich Veggie Fruit Milk	22	Italian Meatballs on a Slice of W.G. Bread Shredded Cheese Seasoned Corn Orange Milk Veg - italian beans on a slice of w.g. bread	23
Veg - cheese sandwich		Veg - pasta marinara		Veg - brown rice + beans					
W.G. Chicken Nuggets BBQ Sauce Diced Carrots Diced Pears Milk	26	Salisbury Steak in a Beef Gravy Mashed Potatoes Banana Slice of W.G. Bread Milk	27	Sliced Chicken Alfredo with W.G. Penne Pasta Mixed Green Salad with French Dressing Slice of French Bread Pineapple Tidbits Milk	28	Soft W.G. Beef Taco Lettuce + Cheese Taco Sauce Green Beans Pineapple Tidbits Milk	29	Chicken Breast on a WG Bun BBQ Sauce Sliced Cucumbers Fresh Orange Milk	30
Veg - cheese sandwich		Veg - brown rice + beans		Veg - pasta in Marinara		Veg - bean taco		Veg- cheese sandwich	

**Whole milk
And 1% milk are
served
Everyday**

