



Our Savior Lunch Menu

October 2021

*All menu items are subject to change.
W.G. = Whole Grain
(served daily)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Served Daily
Whole milk 12 -
24 months
1% milk 2 years
and older**



				School Provided Bag Lunch Meat and Cheese Sandwich W.G Bread Fruit Veggie Milk	1						
WG Chicken Nuggets BBQ Sauce Diced Carrots Red Apple Milk	4	Chicken Alfredo with WG Penne Pasta Mixed Green Salad with Creamy Italian Dressing Diced Peaches French Bread Slice Milk	5	Swedish Meatballs Mashed Potatoes Banana Slice of W.G. Bread Milk	6	School Provided Bag Lunch Meat and Cheese Sandwich W.G Bread Fruit Veggie Milk	7	Cheese Burger on a W.G. Bun Ketchup Seasoned Corn Orange Milk	8		
Beef Sloppy Joe on a W.G. Bun Diced Carrots Diced Pears Milk	11	Meatloaf Baked in a Tomato Beef Gravy Mashed Potatoes Banana Slice of W.G. Bread Milk	12	W.G. Lasagna Hot Dish with Beef and Cheese Mixed Green Salad with Creamy Italian Dressing Pineapple Tidbits Slice of French Bread Milk	13	Chicken Breast on a W.G. Bun Slice of White Cheese BBQ Sauce Seasoned Corn Red Apple Milk	14	School Provided Bag Lunch Meat and Cheese Sandwich W.G Bread Fruit Veggie Milk	15		
WG Chicken Patty on a W.G. Bun Green Beans Red Apple Milk	18	W.G. Pizza Hot Dish with Beef and Cheese Mixed Salad with Creamy Italian Dressing Pineapple Tidbits Slice of French Bread Milk	19	Chicken Breast in a Chicken Gravy Mashed Potatoes Banana Slice of W.G. Bread Milk	20	PICTURE DAY		No Childcare, Kindergarten, Preschool, Lunch Bunch, or Lunch Bunch Plus MEA Workshops Extended Care Open	21	Italian Meatballs on a Slice of W.G. Bread Shredded Cheese Seasoned Corn Orange Milk No Kindergarten, Pre- school, Lunch Bunch or Lunch Bunch Plus Childcare and EC Open	22
W.G. Chicken Tenders BBQ Sauce Diced Carrots Pineapple Tidbits Milk	25	Cheese Burger on a W.G. Bun Ketchup Green Beans Banana Milk	26	Chicken and W.G. Penne in a Rosa Sauce Mixed Green Salad with Creamy Italian Dressing Diced Pears Slice of French Bread Milk	27	Soft W.G. Beef Taco Lettuce + Cheese Taco Sauce Seasoned Corn Red Apple Milk	28	BBQ Chicken Breast On a WG Bun Fresh Broccoli with Ranch Dressing Diced Peaches Milk	29		