Don't forget to eat your vegetables

Immanuel Lutheran Lunch

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOM Feature - Tomato	1 ***HOM Feature - Tomato*** Walking Taco with Black Beans or Pretzel Pack Salad Cucumbers Cherry Tomatoes Canned Mixed Fruit Fresh Oranges	2 ***HOM Feature - Tomato*** Macaroni & Cheese with Garlic Bread or Chicken Parmesan Sandwich Salad Broccoli Radishes Canned Mandarins Fresh Bananas	3 ***HOM Feature - Tomato*** Chicken Nuggets or Ham & Cheese Pinwheel French Fries, Hot Corn Salad Red Pepper Celery Canned Pineapple Fresh Frozen Berries	4 ***HOM Feature - Tomato*** Cheese Pizza or Pepperoni Pizza Fresh Fruit and Veggie Bar
7 ***HOM Feature - Tomato*** Crispy Chicken Patty or Chicken Baco Ranch Melt Dill Wedges Salad Cherry Tomatoes Cauliflower Canned Peaches Fresh Apples	8 ***HOM Feature - Tomato*** Maxx Sticks with Marinara or Roast Beef Stackers with Baked Beans Salad Carrots Peas Canned Mixed Fruit Fresh Oranges	9 ***HOM Feature - Tomato*** Breakfast for Lunch or Fish Sticks with French Fries and Calico Beans Salad Broccoli Zucchini Canned Mandarins Fresh Bananas	10 ***HOM Feature - Tomato*** Spaghetti with Meatballs or Chicken Alfredo Garlic Bread Salad Red Pepper Cucumbers Canned Applesauce Fresh Grapes	11 ***HOM Feature - Tomato*** Cheese Pizza or Meat Lover's Pizza Fresh Fruit and Veggie Bar
14 ***HOM Feature - Tomato*** Cheesebread with Marinara or Cowboy Burger with Pinto Beans Salad Carrots Peas Canned Peaches Fresh Apples	15 ***HOM Feature - Tomato*** Oven Fried Chicken with Potato Salad or Yogurt Pack Salad Cucumbers Cherry Tomatoes Canned Mixed Fruit Fresh Oranges	16 ***Harvest of the Month*** Sloppy Joe or Deli Sandwich Tater Tots Salad Broccoli TURNIP Canned Mandarins GOLDEN DELICIOUS	17 ***HOM Feature - Tomato*** Corn Dog on a Stick or Grilled Cheese Sandwich with Chicken Noodle Soup Salad Red Pepper Jicama Canned Pears Fresh Kiwi	18 ***HOM Feature - Tomato*** Cheese Pizza or Sausage Pizza Fresh Fruit and Veggie Bar
21 ***HOM Feature - Tomato*** Turkey Bacon Ranch Wrap or Salisbury Steak Mashed Potatoes/Gravy Salad Cherry Tomatoes Cauliflower Canned Peaches Fresh Apples	22 ***HOM Feature - Tomato*** Pulled Pork or Pulled Chicken Sandwich Cucumber Ranch Salad Salad Carrots Peas Canned Mixed Fruit Fresh Oranges	23 ***HOM Feature - Tomato*** Popcorn Chicken Bowl or Cold Sub and Pretzels Salad Broccoli Yellow Squash Canned Mandarins Fresh Bananas	24 ***HOM Feature - Tomato*** Hot Ham and Cheese Sandwich or BBQ Chicken Legs and Black Beans Salad Red Pepper Cucumbers Canned Sliced Apples Fresh Pears	25 ***HOM Feature - Tomato*** Cheesy Italian Flat Bread or Meat and Cheese Italian Flatbread Fresh Fruit and Veggie Bar
28 ***HOM Feature - Tomato*** NO SCHOOL	29 Quesadilla with Beans & Rice or Cheesebread with Marinara Salad Cucumbers Cherry Tomatoes Canned Mixed Fruit Fresh Oranges	30 Sweet/Sour Chicken Bites with Rice or Cheese Ravioli in Marinara Salad Broccoli Radishes Canned Mandarins Fresh Bananas	31 Lasagna Roll Up or Chicken Nuggets with Mashed Potatoes/Gravy Salad Red Pepper Jicama Canned Pears Fresh Plum	

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