

EC Lunch Menu –October 2018

St. John Lutheran School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>STANDARD TRAY Breakfast/French Toast HEALTHY OPTION Tossed Salad w/chicken CHEF'S SPECIAL Turkey Melt</p>	<p>2</p> <p>STANDARD TRAY Cheeseburger HEALTHY OPTION Chef Salad w/ Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato</p>	<p>3</p> <p>STANDARD TRAY Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad</p>	<p>4</p> <p>STANDARD TRAY Chicken Strips HEALTHY OPTION Turkey Club Wrap CHEF'S SPECIAL Buffalo Chicken Salad</p>	<p>5</p> <p>STANDARD TRAY Pepper Belly HEALTHY OPTION Grilled Chicken Sandwich CHEF'S SPECIAL Popcorn Chicken Bowl</p>
<p>8</p> <p>STANDARD TRAY Breakfast/Biscuit w/Gravy HEALTHY OPTION Spaghetti w/Tomato Sauce CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes</p>	<p>9</p> <p>STANDARD TRAY Toasted Ravioli w/Sauce HEALTHY OPTION Baked Chicken Legs w/choice of sauce CHEF'S SPECIAL Loaded Baked Potato</p>	<p>10</p> <p>Pizza Hut Pizza Only</p>	<p>11</p> <p>STANDARD TRAY Sloppy Joes HEALTHY OPTION Grilled Chicken Tacos CHEF'S SPECIAL Buffalo Chicken Salad</p>	<p>12</p> <p>STANDARD TRAY Butter Noodles w/parmigiana cheese HEALTHY OPTION Tuna Salad Wrap CHEF'S SPECIAL Chicken Fried Chicken w/mashed potatoes</p>
<p>17</p> <p>STANDARD TRAY Breakfast/Pancakes HEALTHY OPTION Tossed Salad w/Chicken CHEF'S SPECIAL Turkey Melt</p>	<p>18</p> <p>STANDARD TRAY Cheese Burger HEALTHY OPTION Chef Salad w/ Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato</p>	<p>19</p> <p>STANDARD TRAY Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad</p>	<p>20</p> <p>STANDARD TRAY Chicken Strips HEALTHY OPTION Turkey Club Wrap CHEF'S SPECIAL Buffalo Chicken Salad</p>	<p>21</p> <p>STANDARD TRAY Chicken Stir-Fry HEALTHY OPTION Grilled Chicken Sandwich CHEF'S SPECIAL Biscuit Pot Pie</p>
<p>22</p> <p>STANDARD TRAY Breakfast/Biscuit w/Gravy HEALTHY OPTION Spaghetti w/Tomato Sauce CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes</p>	<p>23</p> <p>STANDARD TRAY Toasted Ravioli w/Sauce HEALTHY OPTION Baked Chicken Legs w/choice of sauce CHEF'S SPECIAL Loaded Baked Potato</p>	<p>24</p> <p>STANDARD TRAY Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad</p>	<p>25</p> <p>STANDARD TRAY Sloppy Joes HEALTHY OPTION Grilled Chicken Tacos CHEF'S SPECIAL Buffalo Chicken Salad</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">TRUNK or TREAT</p>
<p>29</p> <p>STANDARD TRAY Breakfast/French Toast HEALTHY OPTION Tossed Salad w/Chicken CHEF'S SPECIAL Turkey Melt</p>	<p>30</p> <p>STANDARD TRAY Sweet and Sour Chicken HEALTHY OPTION Chef Salad w/ Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato</p>	<p>31</p> <p>STANDARD TRAY Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad</p>		