

Lunch Menu –October 2018

St. John Lutheran School

Monday	Tuesday	Wednesday	Thursday	Friday
1 STANDARD TRAY Breakfast/French Toast HEALTHY OPTION Tossed Salad w/chicken CHEF'S SPECIAL Turkey Melt	2 STANDARD TRAY Cheeseburger HEALTHY OPTION Chef Salad w/ Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato	3 STANDARD TRAY Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad	4 STANDARD TRAY Chicken Strips HEALTHY OPTION Turkey Club Wrap CHEF'S SPECIAL Buffalo Chicken Salad	5 STANDARD TRAY Pepper Belly HEALTHY OPTION Grilled Chicken Sandwich CHEF'S SPECIAL Popcorn Chicken Bowl
8 STANDARD TRAY Breakfast/Biscuit w/Gravy HEALTHY OPTION Spaghetti w/Tomato Sauce CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes	9 STANDARD TRAY Toasted Ravioli w/Sauce HEALTHY OPTION Baked Chicken Legs w/choice of sauce CHEF'S SPECIAL Loaded Baked Potato	10 Pizza Hut Pizza Only	11 STANDARD TRAY Sloppy Joes HEALTHY OPTION Grilled Chicken Tacos CHEF'S SPECIAL Buffalo Chicken Salad	12 STANDARD TRAY Butter Noodles w/parmigiana cheese HEALTHY OPTION Tuna Salad Wrap CHEF'S SPECIAL Chicken Fried Chicken w/mashed potatoes
17 STANDARD TRAY Breakfast/Pancakes HEALTHY OPTION Tossed Salad w/Chicken CHEF'S SPECIAL Turkey Melt	18 STANDARD TRAY Cheese Burger HEALTHY OPTION Chef Salad w/ Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato	19 STANDARD TRAY Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad	20 STANDARD TRAY Chicken Strips HEALTHY OPTION Turkey Club Wrap CHEF'S SPECIAL Buffalo Chicken Salad	21 STANDARD TRAY Chicken Stir-Fry HEALTHY OPTION Grilled Chicken Sandwich CHEF'S SPECIAL Biscuit Pot Pie
22 STANDARD TRAY Breakfast/Biscuit w/Gravy HEALTHY OPTION Spaghetti w/Tomato Sauce CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes	23 STANDARD TRAY Toasted Ravioli w/Sauce HEALTHY OPTION Baked Chicken Legs w/choice of sauce CHEF'S SPECIAL Loaded Baked Potato	24 STANDARD TRAY Sausage and Pepperoni Calzone HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad	25 STANDARD TRAY Sloppy Joes HEALTHY OPTION Grilled Chicken Tacos CHEF'S SPECIAL Buffalo Chicken Salad	26 <div style="text-align: center;"> TRUNK or TREAT </div>
29 STANDARD TRAY Breakfast/French Toast HEALTHY OPTION Tossed Salad w/Chicken CHEF'S SPECIAL Turkey Melt	30 STANDARD TRAY Sweet and Sour Chicken HEALTHY OPTION Chef Salad w/ Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato	31 STANDARD TRAY Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad		