**Lunch Menu –November 2018**

St. John Lutheran School

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  | 2  **STANDARD TRAY**   Mac’n Cheese  **HEALTHY OPTION**   Southwest Bowl **CHEF’S SPECIAL**  Chicken Fried Chicken w/mashed potatoes | 3  **STANDARD TRAY**   Pepper Belly  **HEALTHY OPTION**   Grilled Chicken Sandwich  **CHEF’S SPECIAL**  Popcorn Chicken Bowl |
| 5  **STANDARD TRAY**  Cheese Burger **HEALTHY OPTION**   Chef Salad w/ Egg, Turkey and Ham  **CHEF’S SPECIAL**   Turkey w/Gravy and Mashed Potatoes | 6  **STANDARD TRAY**  Toasted Ravioli w/Sauce **HEALTHY OPTION**   Baked Chicken Legs w/choice of sauce  **CHEF’S SPECIAL**   Loaded Baked Potato | 7  **STANDARD TRAY**   Pizza  **HEALTHY OPTION**  Chicken Noodle Soup w/Roll  **CHEF’S SPECIAL**  Chicken Caesar Salad | 8  **STANDARD TRAY**   Chicken Stir-Fry  **HEALTHY OPTION**   Grilled Chicken Sandwich  **CHEF’S SPECIAL**  Biscuit Pot Pie | 9  **STANDARD TRAY**   Chicken Strips **HEALTHY OPTION**   Turkey Club Wrap  **CHEF’S SPECIAL**  Baked Potato Soup |
| 12  **STANDARD TRAY**   Breakfast/Pancakes  **HEALTHY OPTION**   Tossed Salad w/Chicken  **CHEF’S SPECIAL**  Broccoli Cheddar Soup | 13  **STANDARD TRAY**   Sloppy Joes  **HEALTHY OPTION**   Grilled Chicken Tacos  **CHEF’S SPECIAL**   Loaded Baked Potato | 14  **STANDARD TRAY**   Pizza  **HEALTHY OPTION**  Chicken Noodle Soup w/Roll  **CHEF’S SPECIAL**  Chicken Caesar Salad | 15  **STANDARD TRAY**   Butter Noodles w/parmigiana cheese  **HEALTHY OPTION**   Southwest Bowl **CHEF’S SPECIAL**  Chicken Fried Chicken w/mashed potatoes | 16  **Thanksgiving Feast** |
| 19  **STANDARD TRAY**   Breakfast/Biscuit w/Gravy  **HEALTHY OPTION**   Spaghetti w/Tomato Sauce  **CHEF’S SPECIAL**  Turkey w/Gravy and Mashed Potatoes | 20  **PIZZA HUT** | 21  **Thanksgiving Break** | 22  **Thanksgiving Break** | 23  **Thanksgiving Break** |
| 26  **STANDARD TRAY**  Cheese Burger **HEALTHY OPTION**   Chef Salad w/ Egg, Turkey and Ham  **CHEF’S SPECIAL**   Turkey w/Gravy and Mashed Potatoes | 27  **STANDARD TRAY**  Sweet and Sour Chicken  **HEALTHY OPTION**   Chef Salad w/ Egg, Turkey and Ham  **CHEF’S SPECIAL**   Loaded Baked Potato | 28  **STANDARD TRAY**   Pizza  **HEALTHY OPTION**  Chicken Noodle Soup w/Roll  **CHEF’S SPECIAL**  Chicken Caesar Salad | 29  **STANDARD TRAY**   Chicken Stir-Fry  **HEALTHY OPTION**   Grilled Chicken Sandwich  **CHEF’S SPECIAL**  Biscuit Pot Pie | 30  **STANDARD TRAY**   Chicken Strips **HEALTHY OPTION**   Turkey Club Wrap  **CHEF’S SPECIAL**  Baked Potato Soup |