Peace Lutheran School
October Lunch Menu

1 WG Corn Dogs (30/5) Vegetarian Baked Beans (26/6) Chilled Peaches (12) WG Mini Rice Krispie Treat (9) Milk (12)	2 Tyson WG Chicken Nuggets (16/3) Brown Rice Pilaf (19/1) California Blend Veggies (3/1) Applesauce (13/2) Milk (12)	3 RF/HF Bosco Cheese Bread Sticks (34/4) w/Marinara Sauce (8/1) Garden Salad (2/1) w/Lite Ranch Dressing (4) Apple Slices (19/3) Milk (12)	4 Turkey & Gravy (2) over Whipped Potatoes (15/1) WW Dinner Roll (24/5) Grapes (23/1) Milk (12)	5 **No School**
8 **Half Day** **No Lunch**	9 Beef (5/2) & Cheese (4) Nachos w/Corn Tortilla Chips (21/2) Lettuce (2) & Salsa (2) Refried Beans (16/4) w/Cheese (1) Teddy Grahams (16/1) Chilled Peaches (14/1) Milk (12)	10 Spaghetti (20/2) w/Meat Sauce (9/2) RF/HF Bosco Cheese Breadstick (17/2) Celery Sticks (2/1) w/Lite Ranch Dip (4) Apple Slices (19/3) Milk (12)	11 WG Chicken Drumstick (5/1) Whipped Potatoes (14/1) w/Gravy (4) WG Blueberry Muffin (26/1) Orange Wedges (21/4) Milk (12)	12 Crazy Cheesy Bread (30/2) W/Marinara Sauce (8/1) Steamed Broccoli (2/1) Diced Pears (17/1) Milk (12)
15 Cheesy (1) Burger (1/1) on WG Bun (29/2) Crispy Tator Tots (16/2) Applesauce (13/2) Milk (12)	16 WG Cheese Pizza (37/4) Green Beans (5/2) Diced Peaches (14/1) Milk (12)	17 Chicken Patty (16/3) On WG Bun (29/2) Garden Salad (2/1) w/Lite Ranch Dressing (4) Apple (19/3) Milk (12)	18 **No School**	19 **No School**
22 WG Corn Dogs (30/5) Vegetarian Baked Beans (26/6) Chilled Peaches (12) WG Mini Rice Krispie Treat (9) Milk (12)	23 Tyson WG Chicken Nuggets (16/3) Brown Rice Pilaf (19/1) California Blend Veggies (3/1) Applesauce (13/2) Milk (12)	24 RF/HF Bosco Cheese Bread Sticks (34/4) w/Marinara Sauce (8/1) Garden Salad (2/1) w/Lite Ranch Dressing (4) Apple Slices (19/3) Milk (12)	25 Turkey & Gravy (2) over Whipped Potatoes (15/1) WW Dinner Roll (24/5) Grapes (23/1) Milk (12)	26 RF Macaroni & Cheese (29/2) Green Beans (5/2) Apple (19/3) Milk (12)
29 WG Cinnamon Pancakes (35/2) w/syrup (26) 2 Turkey Sausage Links (0) Hash Brown Starz (16/2) Applesauce (13/2) Milk (12)	30 Beef (5/2) & Cheese (4) Nachos w/Corn Tortilla Chips (21/2) Lettuce (2) & Salsa (2) Refried Beans (16/4) w/Cheese (1) Teddy Grahams (16/1) Chilled Peaches (14/1) Milk (12)	31 Spaghetti (20/2) w/Meat Sauce (9/2) RF/HF Bosco Cheese Breadstick (17/2) Celery Sticks (2/1) w/Lite Ranch Dip (4) Apple Slices (19/3) Milk (12)		

WG = Whole Grain Rich Product
RF = Reduced Fat
HF = High Fiber
RS = Reduced Sodium
*Item may contain pork

Daily Offerings Include: 1% White or Fat Free Chocolate Milk, Baby Carrots and Assorted Fruit

Numbers in brackets = (carbohydrate/fiber)