



LUTHERAN PRESCHOOL & DAYCARE

October 2023 Lunch Menu

Child's Name: _____ Teacher _____

To order lunch, please circle the dates you wish to purchase with drink choice, fill in child's name/teacher, and return to office 5 school days before the end of the month. Prepay at the office \$5 per lunch.

***** Any food that a child has an allergy to will be substituted *****

Every day on the menu our lunches have protein, fresh fruit and vegetables. All of the pastas are whole wheat and all the breads are whole wheat.

TOTAL ORDERED: _____

TOTAL DUE \$ _____

All lunches are prepaid and non refundable.

Emergency Lunches are \$6

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Alfredo lasagna Cooked veggies Fresh fruit Milk Choc Aj	3 Breakfast burrito (egg, turkey and cheese) Hash brown, fresh fruit Milk Choc Aj	4 Turkey frank hot-dog French fries, cooked vegies fresh fruit Milk Choc Aj	5 Ham and Cheese sub Chips Jell-o Fresh fruit Milk Choc Aj	6 Cheese Pizza, Fresh Fruit Cookie Cooked veggies Juice only
9 Mac and Cheese Fresh Fruit Cooked Veggies Milk Choc AJ	10 Waffles W/Syrup Scrambled eggs W//Turkey Fresh Fruit Milk Choc Aj	11 Pasta Chicken Salad w/ Crackers Cooked Veggies , Apple sauce Milk Choc Aj	12 Rolled Chicken Taquitos With Cheese Rice, Beans Fresh Apples Milk Choc Aj	13 Cheese Pizza, Fresh Fruit Apple crisp Cooked veggies Milk Choc Aj
16 Spaghetti w/ meat sauce Fresh Fruit, Veggies Milk Choc Aj	17 Home made pancakes Fresh Fruit, Eggs w/ Turkey Milk Choc Aj	18 Chicken Nuggets Tater Tots Fresh Fruit Cooked Veggies Milk Choc Aj	19 Breaded Fish Fillet Mashed Potato, Fresh Fruit Buttered Corn Milk Choc AJ	20 Cheese Pizza Cooked Carrots Fresh Fruit Cereal Treats Milk Choc AJ
23 Baked Ziti Cooked veggies Fresh fruit Milk Choc Aj	24 Homemade French toast Fresh Fruit Eggs w/Turkey Milk Choc Aj	25 BBQ Meat balls Tater Tots, Fresh Fruit Milk Choc Aj	26 Cheese Quesadillas w/Turkey Rice , beans Fresh Fruit Milk Choc Aj	27 Cheese pizza Fresh fruit Cooked veggies Jell-o Milk Choc Aj
30 Spaghetti Alfredo w/chicken Cooked veggies Fresh fruit Milk Choc AJ	31 Waffles w/syrup Scramble eggs w/ turkey Fresh fruit Milk Choc AJ			