



# OCTOBER | 2023

## IMMANUEL LUTHERAN SCHOOL



SUNDAY

MONDAY

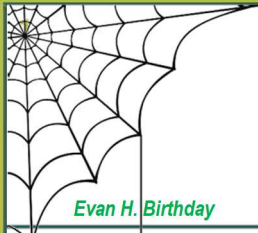
TUESDAY

WEDNESDAY

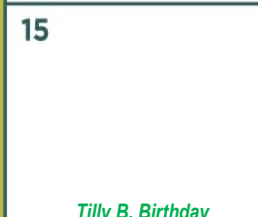
THURSDAY

FRIDAY

SATURDAY



*Evan H. Birthday*



*Tilly B. Birthday*



**2**  
Soft Tacos or  
PBJ w/ Cheese-stick  
Refried Beans  
Corn  
Sliced Bananas  
Choice of Milk

**9**  
Mashed Potato Bowl or  
PBJ w/ Cheese-stick  
Coleslaw  
Clementine  
Choice of Milk

**16**  
Nacho Supreme or  
PBJ w/ Cheese-stick  
Rice  
Refried Beans  
Applesauce  
Choice of Milk

**23**  
Chicken Nuggets or  
PBJ w/ Cheese-stick  
Mashed Potatoes  
Broccoli  
Applesauce  
Choice of Milk

**30**  
Soft Tacos or  
PBJ w/ Cheese-stick  
Refried Beans  
Corn  
Sliced Bananas  
Choice of Milk

**3**  
Chicken Parm w/ Bun or  
PBJ w/ Cheese-stick  
Side Salad  
Raw Carrots  
Applesauce  
Choice of Milk

**10**  
Sub Sandwich or  
PBJ w/ Cheese-stick  
Raw Carrots  
Southwest Salad  
Mixed Fruit  
Choice of Milk

**17**  
French Toast Bake or  
PBJ w/ Cheese-stick  
TaterTots  
Cheesy Spinach  
Blueberries  
Choice of Milk

**24**  
Chicken Quesadilla or  
PBJ w/ Cheese-stick  
Refried Beans  
California Blend  
Sliced Bananas  
Choice of Milk

**31**  
Chicken Parm w/ Bun or  
PBJ w/ Cheese-stick  
Side Salad  
Raw Carrots  
Applesauce  
Choice of Milk

**4**  
Chicken Fried Rice or  
PBJ w/ Cheese-stick  
Broccoli  
Pineapple  
Choice of Milk

**11**  
Baked Chicken or  
PBJ w/ Cheese-stick  
Mashed Potatoes  
Peas  
Pears  
Choice of Milk

**18**  
Macaroni & Cheese or  
PBJ w/ Cheese-stick  
Breadstick  
California Blend  
Mixed Fruit  
Choice of Milk

**25**  
Pizza or  
PBJ w/ Cheese-stick  
Side Salad  
Raw Carrots  
Pineapple  
Choice of Milk

**1**  
Spaghetti w/Meat Sauce  
or PBJ w/ Cheese-stick  
Breadstick,  
Green Beans,  
Peaches  
Choice of Milk

**5**  
Spaghetti w/Meat Sauce  
or PBJ w/ Cheese-stick  
Breadstick,  
Green Beans,  
Peaches  
Choice of Milk

**12**  
Grilled Cheese or  
PBJ w/ Cheese-stick  
Tomato Soup  
Baked Beans  
Grapes  
Choice of Milk

**19**  
Cheeseburger w/ Bun or  
PBJ w/ Cheese-stick  
Side Salad  
Sweet Potato Fries  
Pears  
Choice of Milk

**26**  
Hot Dog w/ Bun or  
PBJ w/ Cheese-stick  
Potato Stars  
Baked Beans  
Pears  
Choice of Milk

**2**  
Sloppy Joes or  
PBJ w/ Cheese-stick  
Tater Tots  
Carrots  
Strawberries  
Choice of Milk

**6**  
Sloppy Joes or  
PBJ w/ Cheese-stick  
Tater Tots  
Carrots  
Strawberries  
Choice of Milk

**13**  
Ghoulash or  
PBJ w/ Cheese-stick  
Breadstick,  
Broccoli  
Peaches  
Choice of Milk

**20**  
Popcorn Chicken or  
PBJ w/ Cheese-stick  
Potato Smiles  
Green Beans  
Strawberries  
Choice of Milk

**27**  
**EARLY DISMISSAL**  
**No Lunch Served**

**3**  
Chicken Fried Rice or  
PBJ w/ Cheese-stick  
Broccoli  
Pineapple  
Choice of Milk

**7**  
Breakfast Available Daily  
Choices May Include:  
Cheetos, Cinnamon Toast  
Crunch, Chocolate,  
Blueberry or Banana  
Muffins, Crackers and  
Yogurt

**14**  
Each Breakfast also  
includes the  
following choices:  
1% White Milk,  
1% Chocolate Milk,  
Fruit and Juice

**21**  
PB&J Sandwich  
w/ a Cheese-stick  
available daily as  
a Main Menu Item  
Substitute.

