

# St. Marcus Lutheran School

## MCFI K-8 Hot Lunch



# October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE	<b>1</b> Asian Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Fruit Choice of Milk	<b>2</b> Cheeseburger on a Whole Grain Bun With Ketchup Baked Beans Seasonal Fruit Choice of Milk	<b>3</b> Homemade Beef Lasagna Whole Grain Dinner Roll with Margarine Or Kid's Classic Breaded Chicken Patty Sandwich on a Whole Grain Bun with Mayo Steamed Mixed Vegetables Seasonal Fruit Choice of Milk	<b>4</b> Swedish Meatballs NEW! Non-WG Pasta Whole Grain Dinner Roll with Margarine Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk
<b>7</b> Whole Grain All Natural Corn Dog Ketchup Steamed Green Beans Seasonal Fruit Choice of Milk	<b>8</b> Italian Meatsauce NEW! Non-WG Pasta Whole Grain Breadstick Romaine Salad with Ranch Seasonal Fruit Choice of Milk	<b>9</b> Philly Cheesesteak on a Whole Grain Bun with Mozzarella Cheese Steamed Carrots Seasonal Fruit Choice of Milk	<b>10</b> GREAT LAKES GREAT APPLE CRUNCH  Homemade Meatloaf Or Kid's Classic Whole Grain Chicken Nuggets with BBQ Sauce Whole Grain Pretzel Goldfish Steamed Corn Seasonal Fruit Choice of Milk	<b>11</b> Chicken Fajita on Whole Grain Tortilla (1) with Taco Sauce Assorted Graham Cracker Ranchero Beans Seasonal Fruit Choice of Milk
<b>14</b> Brunch for Lunch NEW! Glazed French Toast (2) with Syrup Sunset Sip Vegetable Juice Seasonal Fruit Choice of Milk	<b>15</b> NEW! Smothered Chicken Fillet Whole Grain Dinner Roll with Margarine NEW! Roasted Baby Baker Potatoes with Ketchup Seasonal Fruit Choice of Milk	<b>16</b> NEW! Chicken Alfredo NEW! Non-WG Pasta Whole Grain Pretzel Breadstick Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	<b>17</b> Harvest Chicken Salad on a Whole Grain Bun Or Kid's Classic NEW! Turkey Hot Dog on a Whole Grain Bun with Ketchup Baby Carrots with Ranch Seasonal Fruit Choice of Milk	<b>18</b> <h1>NO SCHOOL</h1>
<b>21</b>	<b>22</b> <b>23</b> <b>24</b> <b>25</b> <h2>NO SCHOOL - FALL BREAK</h2> <h3>OCTOBER 21-25</h3>			<b>25</b>
<b>28</b> Brunch for Lunch - Chicken and Waffles NEW! Boneless Chicken Wings with WG Waffles and Syrup Sunset Sip Vegetable Juice Seasonal Fruit Choice of Milk	<b>29</b> BBQ Chicken on a Whole Grain Bun Steamed Green Beans Seasonal Fruit Choice of Milk	<b>30</b> Breaded Chicken Leg WG Combread Assorted Graham Cracker Roasted Sweet Potatoes Seasonal Fruit Choice of Milk	<b>31</b> Chef's Salad with Romaine Lettuce, Turkey Ham, Cheese and Ranch Dressing and Whole Grain Soft Pretzel Stick Or Kid's Classic Non-WG Domino's Cheese Pizza with Romaine Salad with Ranch Seasonal Fruit Choice of Milk	

Celebrate National Farm to School Month by crunching into locally and regionally grown apples at NOON on **Thursday, October 10.**

Everyone is welcome to Crunch! <https://www.cias.wisc.edu/applecrunch/>

This institution is an equal opportunity provider.