

Saint Lucas Lutheran School

MCFI

K-8 Hot Lunch Menu



MCFI NUTRITION SERVICES

**September
2018**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>3</p> <p>NO SCHOOL LABOR DAY</p> | <p>4</p> <p>Orange Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p> | <p>5</p> <p>Beef Nachos with Cheese, Shredded Lettuce and Tortilla Chips Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk</p> | <p>6</p> <p>Cheese Calzone with Marinara Dipping Sauce Romaine Salad with Ranch Dressing Seasonal Lunch Fruit Choice of Milk</p> | <p>7</p> <p>Shredded BBQ Turkey Sandwich On a Whole Grain Bun Steamed Green Beans Seasonal Lunch Fruit Choice of Milk</p> |
| <p>10</p> <p>Brunch for Lunch Chicken Sausage Patty, Egg and Cheese Breakfast Sandwich on a Whole Grain Biscuit Grape Jelly Sunset Sip Vegetable Juice Seasonal Lunch Fruit Choice of Milk</p> | <p>11</p> <p>Chicken Fajitas on a Whole Grain Tortillas Taco Sauce Refried Beans Seasonal Lunch Fruit Choice of Milk</p> | <p>12</p> <p>Swedish Meatballs Whole Grain Pasta Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk</p> | <p>13</p> <p>Breaded Chicken Patty Sandwich on a Whole Grain Bun with Ketchup Steamed Carrots Seasonal Lunch Fruit Choice of Milk</p> | <p>14</p> <p>Baked BBQ Chicken Leg Whole Grain Cornbread Steamed Corn Seasonal Lunch Fruit Choice of Milk</p> |
| <p>17</p> <p>Homemade Chili with Cheese Whole Grain Noodles WG Cheddar Goldfish Seasonal Lunch Fruit Choice of Milk</p> | <p>18</p> <p>Celebrate! NATIONAL CHEESEBURGER DAY!</p> <p>Cheeseburger on a Whole Grain Bun with Ketchup Baked Beans Seasonal Lunch Fruit Choice of Milk</p> | <p>19</p> <p>Bring Your Parent to School Day</p> <p>Domino's Cheese Pizza Romaine Salad with Ranch Seasonal Lunch Fruit Rice Krispies Treat Choice of Milk</p> | <p>20</p> <p>Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Crackers Steamed Corn Seasonal Lunch Fruit Choice of Milk</p> | <p>21</p> <p>WG Cheese Pizza Sticks with Marinara Dipping Sauce Baby Carrots with Ranch Seasonal Lunch Fruit Rice Krispies Treat Choice of Milk</p> |
| <p>24</p> <p>Whole Grain Chicken Breast Fillet with BBQ Assorted Graham Cracker Baked Beans Seasonal Lunch Fruit Choice of Milk</p> | <p>25</p> <p>Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p> | <p>26</p> <p>Homemade Meatloaf Whole Grain Dinner Roll with Margarine Assorted Graham Crackers Mashed Potatoes Seasonal Lunch Fruit Choice of Milk</p> | <p>27</p> <p>Asian-Glazed Boneless Chicken Wings Pretzel Goldfish Crackers Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk</p> | <p>28</p> <p>NO SCHOOL</p> |

MILK FOR SCHOOL:

LOW FAT WHITE
SKIM CHOCOLATE

This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE

Return to the school office by Tuesday, August 28.

PLEASE fill out a separate meal calendar for each child in your family

September Student Meal Calendar

Student Name _____ Grade _____

Place an "X" in the box of the dates your child will eat hot lunch.

Full price lunch is \$3.25 Reduce price lunch is \$0.40 for those who qualify

Please include payment with your hot lunch calendar.

Saint Lucas Lutheran School participates in the National School Lunch Program offering free and reduced price lunch to those families who qualify.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|----------------|------------------|-----------------|------------------------------|
| Sept. 3 No School | Sept. 4 | Sept. 5 | Sept. 6 | Sept. 7 |
| Sept. 10 | Sept. 11 | Sept. 12 | Sept. 13 | Sept. 14 |
| Sept. 17 | Sept. 18 | Sept. 19 | Sept. 20 | Sept. 21 |
| Sept. 24 | Sept. 25 | Sept. 26 | Sept. 27 | Sept. 28 No School |

Please keep careful track of your child's lunch plan, pay for the lunches in advance, and do not get behind. However, notice shall be given to parents by the office regarding a child's lunch account status if somehow the child is behind. Students are given three meals past due to remit payment for hot lunches. Food service would provide a regular meal during this time. On the fourth day past expiration, food service will provide only a sandwich and milk to the student. On day five and beyond, food service is not required to serve the student.

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