

# Trinity Lutheran School

## October 2020 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Spaghetti w/meat sauce Garlic bread Salad Peaches Milk	2 Pancakes Hash browns Strawberry cups String cheese Cooked carrots Milk
5 Mini corn dogs Sweet potato fries Mixed veggies Mixed fruit Milk	6 Baked chicken Mashed potatoes Cooked carrots Apple Milk	7 Orange chicken Fried rice Broccoli Pineapple Milk	8 Scalloped potatoes w/ham Roll (WG) Green beans Peaches Cookie Milk	9 Pizza (meat or cheese) Garlic breadstick Fresh veggie cup with dip Pears Milk
12 Chicken patty on a WG bun Ranch tots Mixed veggies Mandarin oranges Milk	13 Tacos Refried beans Fruit cocktail Churro Milk	14 Grilled cheese sandwich Tomato soup Carrots/celery Banana Milk	15 Chef salad w/ Grilled chicken Soft pretzel Corn Grapes Milk	16 Chicken nuggets Mashed potatoes Broccoli Blueberries Milk
19 French toast sticks Sausage Hashbrown Cucumbers/carrots Oranges Milk	20 Hot dog on a WG bun French fries Baked beans Mandarin oranges Jello Milk	21 Chili Corn bread Red peppers Pears Milk	22 Macaroni & cheese Ham slider Peas Applesauce Milk	23 No School  Professional Development Day
26 Cheese quesadilla Rice Cooked carrots Fruit mix Milk	27 Meatball sub Tater tots Corn Grapes Milk	28 Pulled pork sandwich Pasta salad Peas Sliced peaches Milk	29 Hamburger on a WG bun Chips Baked beans Banana Milk	30 Pizza dippers Salad Apple Cookie Milk

### STUDENT LUNCH PRICES

Paid	\$3.00
Reduced	\$0.40
Additional Milk	\$0.40
Snack Milk	\$0.40
Adult/Guest	\$3.70



Free & reduced meal applications can be requested from the office or completed online at any time throughout the school year.

**Key:**  
WGR – Whole Grain Rich  
WG – Whole Grain