

Mayer Lutheran High School
Preparing the Next Generation of Christian Leaders

Lunch Calendar

AUG/SEPT 2009

Milk and Bread served daily

Chef Salad available. Menu is subject to change

Lactose intolerant Students, with a written request from a parent or guardian, will be provided with lactose reduced milk.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 Chicken Nuggets, Mashed Potatoes, Corn, Pears	1 Crispito or Quesadilla, Rice, Peas, Fresh Fruit, Sherbert cup	2 Sub Sandwiches w/fixings, Baked Potato, Carrots, Apple Sauce	3 Spaghetti w/Meat Sauce, Cole Slaw, Garlic Toast, Peaches, Krispie Bar	4 No School	5
6	7 No School	8 Shrimp Popper or Mini Corn Dog, Tri-Taters, Baked Beans, Pineapple, Jello cake	9 Taco, Fajita or Buffalo Chicken Wrap, Batter Bites, Lettuce Salad, Fresh Fruit	10 French Toast Sticks, Sausage Link or Ham, Tater tots, Juice, Apple Sauce, Muffin	11 Pork Chop or Sluggger, Mashed Potatoes w/ gravy, Corn, Pear	12
13	14 Chicken Patty or Mr. Rib on a bun, Chicken Rice Pilaf, Broccoli w/Chz Peach	15 Italian Dunkers w/sauce, Tri- taters, Carrots, Fresh Fruit, Brownie	16 Hot Dog Wrap or Hot Ham & Chz Sand. Smiles, Peas, Apple Sauce	17 Turkey w/gravy, Mashed Potatoes, Corn, Stuffing, Dinner Roll, Apple Crisp	18 Toasted Cheese, Soup, Green Beans, Pear	19
20	21 Hamburger or Fish on a bun, French Fries, Baked Beans, Pineapple	22 Sesame Chicken, Rice, Broccoli, Fresh Fruit, Fortune Cookie	23 Chili Mac & Cheese, Carrots, Pear, Cookie	24 English Muffin Breakfast Sand- wich, Tater tots, Juice, Apple Sauce, Muffin	25 Pizza, Curly Fries, Fresh Veggies, Peach	26
27	28 Crispito or Quesadilla, Rice, Peas, Pineapple	29 BBQ Pork or Sloppy Joe on a bun, Nachos w/ Chz, Green Beans Fresh Fruit	30 Sub Sandwiches w/fixings, Baked Potato, Carrots, Pear			