

Mayer Lutheran High School
Preparing the Next Generation of Christian Leaders

Lunch Calendar

OCTOBER 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
				1 French Toast Sticks, Pork link or Ham, Tater Tots, Juice, Apple Sauce, Muffin	2 Taco-Fajita or Buffalo Chicken Wrap, Curly Fries, Lettuce Salad, Peach	3
4	5 Shrimp Poppers, or Mini Corn Dogs, Tater Tots, Peas, Pineapple	6 Italian Dunkers w/ Sauce, Tri- Taters, Carrots, Strawberries, Cake	7 Roast Beef Sandwich, Batter Bites, Fresh Veggies, Pear	8 Chicken Nuggets, Mashed Potato w/gravy, Corn, Peach, Banana or Pumpkin Dessert	9 Toasted Cheese, Soup, Green Beans, Apple Sauce	10
11	12 Chicken Patty or Mr. Rib on a Bun, Chicken Rice Pilaf, Broccoli w/ Chz Pineapple	13 Chili, Mac & Chz Green Beans, Fresh Fruit, Rice Krispie Bar	14 Pork Chop or Sluggler, Mashed Potato w/gravy, Corn, Pear	15 No School	16 No School	17
18	19 Hamburger or Fish on a Bun, French Fries, Baked Beans, Pineapple	20 Sesame Chicken, Rice, Broccoli, Fresh Fruit, Fortune Cookie	21 Pizza, Curly Fries, Lettuce Salad, Pear	22 Hot Dog or Chili Dog, Batter Bites, Peas, Peach, Donut Hole	23 Spaghetti w/meat Sauce, Garlic Toast, Cole Slaw, Apple Sauce	24
25	26 Crispito or Quesadilla, Rice, Peas, Pear	27 English Muffin Breakfast Sand., Tri-Taters, Juice, Apple Sauce, Muffin	28 Cheese Sticks, Or Hot Ham & Cheese, Smiles, Fresh Veggies, Fresh Fruit	29 Turkey w/ gravy, Mashed Potato, Corn, Stuffing, Dinner Roll, Peach, Apple Crisp	30 Sub Sandwich w/fixings, Baked Potato, Carrots, Pineapple	31