


# Atonement Lutheran School

## MCFI

### 4K-8 Hot Lunch Menu



# September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE			<b>1</b>  WG Cheese Ravioli (1/2 cup) with Shredded Mozzarella Cheese WG Breadstick Fresh Salad Greens with Dressing Fresh Pear Choice of Milk	<b>2</b> <b>NO SCHOOL – LABOR DAY BREAK</b>
<b>5</b>  <b>NO SCHOOL – HAPPY LABOR DAY!</b> 	<b>6</b>  WG Queso Cheesy Pull Apart Salsa Cup Baby Carrots (1/4 cup) Fresh Local Apple Choice of Milk	<b>7</b>  Homemade Beef and Bean Chili (3/4 cup) with Noodles, and Shredded Cheddar Cheese (1/2 oz) WG Cornbread with Honey Seasonal Fruit Choice of Milk	<b>8</b>  Egg Patty and Chicken Sausage on WG Buttermilk Biscuit Grape Jelly Roasted Potatoes Seasonal Fruit Choice of Milk	<b>9</b>  Ground Beef Taco with Shredded Cheese WG Tortilla with Taco Sauce Fresh Carrot Coins Seasonal Fruit Choice of Milk
<b>12</b>  WG Cheese Quesadilla Taco Sauce Elote Corn Salad Seasonal Fruit Choice of Milk	<b>13</b>  Chicken Smackers with BBQ Sauce WG Buttermilk Biscuit Baby Carrots and Grape Tomatoes Seasonal Fruit Choice of Milk	<b>14</b>  Turkey Hot Dog on WG Bun Ketchup Packet Baked Beans Creamy Coleslaw Chilled Applesauce Choice of Milk	<b>15</b>  Cheeseburger on WG Bun Ketchup Packet Seasoned Mixed Vegetables Seasonal Fruit Choice of Milk	<b>16</b>  Domino's Cheese Pizza Fresh Salad Greens with Dressing Seasonal Fruit Choice of Milk
<b>19</b>  Roasted Chicken Leg WG Cornbread with Honey Mashed Potatoes Seasonal Fruit Choice of Milk	<b>20</b>  Carne Asada with Shredded Cheese on WG Tortilla Taco Sauce Ranchero Beans Seasonal Fruit Choice of Milk	<b>21</b>  Chicken Patty on a WG Bun Mayo Packet Steamed Carrots Seasonal Fruit Choice of Milk	<b>22</b> <b>NO SCHOOL – PARENT-TEACHER CONFERENCES 4 – 7pm</b>	<b>23</b> <b>NO SCHOOL – PARENT-TEACHER CONFERENCES 8am – 12noon</b>
<b>26</b>  Chicken Burrito Bowl Ranchero Chicken and Beans and Shredded Cheddar (1/2 oz) over Cilantro Lime Rice WG Tortilla Chips Baby Carrots (1/2 cup) Seasonal Fruit Choice of Milk	<b>27</b>  WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Fresh Salad Greens (1 cup) with Dressing Seasonal Fruit Choice of Milk	<b>28</b>  WG Chicken Nuggets with BBQ Sauce WG Waffle Roasted Sweet Potatoes Seasonal Fruit Choice of Milk	<b>29</b>  Italian Meatsauce over Pasta WG Dinner Roll with Margarine Broccoli Slaw Seasonal Fruit Choice of Milk	<b>30</b>  Build Your Own Deli Sandwich Natural Deli Turkey Ham, Cheese on WG Bun with Mayo Packet Fresh Cucumber Slices Seasonal Fruit Choice of Milk