

October





Mon	Tue	Wed	Thu	Fri
	Lunch Prices ECLC-8th GRADE $4.20 SALAD BAR $3.50 ADULTS $5.05		*1* Chicken Alfredo W.G. Rotini Noodles W.G. Breadstick Cauliflower	*2* Egg & Cheese Biscuit Potato Cubes Juice
5 W.G. Pizza Dippers Pizza Sauce Potato Smiles California Blend	*6* Taco Salad (Corn Chips) W.G. Rice Re-Fried Beans	*7* Grilled Cheese On W.G. Bread Chicken Soup Fresh Vegetables	*8* Chicken in Gravy Mashed Potatoes Dinner Roll Corn	*9* Egg Patty Sausage Waffle Hashbrowns Juice
12 Chicken Nuggets (Breading) Waffle Fries Peas	*13* Orange Chicken W. G. Rice Broccoli	*14* Meatballs in Gravy Egg Noodles Breadstick Carrots	*15* Hot Ham & Cheese Sandwich On W.G. Bun Crinkle Fries Mixed Vegetables	*16* Breakfast Sausage W.G. French Toast Sticks Hashbrown Juice
19 Marinara Sauce Meatballs W. G. Spaghetti Noodles Garlic Bread Green Beans	*20* Cheese Quesadilla (W.G.) W.G. Rice Broccoli	*21* W.G. Breaded Chicken Patty on W.G. Hamburger Bun Cheese Slice Baked Beans Peas & Carrots	*22* Mini Corn Dogs (W.G. Breading) Cheesy Hashbrowns Cauliflower	*23* Egg Patties W.G. Pancakes Potato Cubes Juice
26 Turkey Sub on Whole Grain Bun Cheese Slice Potato Wedges Corn	*27* Pulled Pork Cheese Slice Whole Grain Bun Macaroni & Cheese Carrots	*28* Sloppy Joe on W.G. Hamburger Bun Cheese Slice Baked Beans Peas	*29* No School 	*30* No School 

All meals include:
Salad Bar,
Assorted Vegetables,
Assorted Fruits, and Milk.

=Vegetarian/Vegetarian Option





USDA Meal Pattern

Trinity Lutheran School participates in the National School Hot Lunch Program. We offer 5 meal components: Meat/Meat Alternate, Grain, Fruit, Vegetable and Milk. Each student must take three components and one must be a fruit or vegetable.

This institution is an equal opportunity provider

