

September

Messiah Lutheran Preschool

FOOD IN
FOCUS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?

The U.S. constitution was signed on September 17, 1787!



Labor Day

No School

4

Goopy Cheese Pizza
with
Tossed Salad with
Ranch Dressing
Frosty Cherries
Chilled Pudding

5

Grilled Hamburger
with
Golden French Fries
Fresh Veggies & Dip
Mandarin Oranges

6

Turkey & Cheese
Croissant
with
Golden French Fries
Garden Salad
Ice Cream Cup

7

Chicken Rings
with
Buttered Noodles
Golden Corn
Sparkling Jell-O

1

French Toast Sticks
with
Golden Hash
Brown
Crispy Bacon
Bright Blueberries

8

PAPA JOHNS PIZZA



with
Orange Wedges
Oreo Cookies

11

Pepperoni Hot Pocket
with
Fresh Veggies & Dip
Orange Wedges
Fresh Baked Brownie

12

Orange Chicken
with
Steamed White
Rice
Seasoned Broccoli
Fortune Cookie

13

French Toast Nibblers
with
Golden Hash Browns
Frosty Peaches
Yogurt

14

Golden Grilled
Cheese
with
Vegetable Medley
Frosty Peaches
Jiggling Jell-O

15

Cheeseburger with
Bun
with
Smiley Face Potatoes
Icy Blueberries
Flavored Jell-O

18

Mini Stuffed Tacos
with
Fiesta Rice
Flame Roasted
Corn
Frosty Cherries

19

Chicken Rings
Buttered Noodles
Golden Corn
Sparkling Jell-O

20

Belgian Waffle
with
Pork Sausage Link
Strawberry Yogurt
Applesauce

21

Crispy Chicken Strips
with
Golden French Fries
Garden Salad
Ice Cream Cup

22

Crispy Chicken
Tenders
with
Tossed Salad
Vine-Ripened Grapes
Mini Rice Krispies
Treat

25

Fluffy Pancake
with
Pork Sausage Patty
Fresh Melon
Creamy Yogurt

26

Golden Grilled
Cheese
with
Chips
Sweet Strawberries
Chilled Pudding

27

Chicken Fried Rice
with
Crab Rangoon
Fresh Broccoli with
Dip
Fortune Cookie

28

PAPA JOHNS PIZZA



with
Orange Wedges
Oreo Cookies

29

Plate Prices

Preschool \$ 4.00

★ Gluten Free option can be made with 24 hours notice. Please contact Cindy at foodservice@mllions.org

♥ Dairy free option can be made with 24 hours notice. Please contact Cindy at foodservice@mllions.org

MENU IS SUBJECT TO CHANGE

Contact our dietitian at lisa@foodserv.org for special dietary concerns

For more information about FSC or employment opportunities, please go to www.foodserviceconsultants.org

