

September

Messiah Lutheran School

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

Goey Cheese Pizza
OR
Pub Pretzel with Cheese
with
Tossed Salad with Ranch Dressing
Frosty Cherries
Chilled Pudding

5

Breaded Chicken Patty
OR
Grilled Hamburger
with
Golden French Fries
Fresh Veggies & Dip
Mandarin Oranges

6

Crispy Chicken Strips
OR
Turkey and Cheese
Croissant
with
Golden French Fries
Garden Salad
Ice Cream Cup

7

French Toast Sticks
OR
Cheesy Egg Omelet
with
Golden Hash Brown
Crispy Bacon
Bright Blueberries

8

PAPA JOHNS PIZZA



with
Orange Wedges
Oreo Cookies

11

Cheese Stuffed Bosco Stick
OR
Pepperoni Hot Pocket
with
Fresh Veggies & Dip
Orange Wedges
Fresh Baked Brownie

12

Orange Chicken
OR
Pork Egg Roll
with
Steamed White Rice
Seasoned Broccoli
Fortune Cookie

13

Pancake & Sausage Bites
OR
French Toast Nibblers
with
Golden Hash Browns
Frosty Peaches
Yogurt

14

Dinosaur Chicken Nuggets
OR
Golden Grilled Cheese
with
Vegetable Medley
Frosty Peaches
Jiggling Jell-O

15

Carnival Corn Dog
OR
Cheeseburger with Bun
with
Smiley Face Potatoes
Icy Blueberries
Flavored Jell-O

18

Mini Stuffed Tacos
OR
Cheesy Quesadilla
with
Fiesta Rice
Flame Roasted Corn
Frosty Cherries

19

Chicken Rings
OR
Toasted Beef Ravioli
with
Buttered Noodles
Golden Corn
Sparkling Jell-O

20

Belgian Waffle
OR
Cereal with Milk
with
Pork Sausage Link
Strawberry Yogurt
Applesauce

21

Crispy Chicken Strips
OR
Turkey and Cheese
Croissant
with
Golden French Fries
Garden Salad
Ice Cream Cup

22

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

25

Fluffy Pancake
OR
Scrambled Eggs
with
Pork Sausage Patty
Fresh Melon
Creamy Yogurt

26

Golden Grilled Cheese
OR
Chicken Rings
with
Tomato Soup
Sweet Strawberries
Chilled Pudding

27

Chicken Fried Rice
OR
Veggie Egg Roll
with
Crab Rangoon
Fresh Broccoli with Dip
Fortune Cookie

28

PAPA JOHNS PIZZA



with
Orange Wedges
Oreo Cookies

29

Sandwich of the Week \$4.85

Served with Chips & a Cookie

9/4 BLT Wrap

9/11 Chicken Parmesan

9/18 Philly Steak

9/25 Ultimate Grilled Cheese

Salad of the Week \$4.75

9/4 Chicken Caesar

9/11 Chef Salad

9/18 Italian Salad

9/25 Cobb Salad

Middle School Special \$4.85

Monday Chicken Rings & Tator Tots

Tuesday Appetizer Trio

Wednesday Chicken Pot Pie

Thursday Bacon Cheese Dog & FF

Friday Bosco Stick & Salad



Plate Lunch Prices

K-2nd \$4.50

3rd-8th \$4.85

Extra Entrée \$1.95

Extra Pizza Papa Johns Day \$3.00

Available Daily

Snack Rack & Drink Cooler

Many offerings & various prices

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

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

