

SEPTEMBER 2016

Cross Lutheran school

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 29 Chicken Salad bar Fruit Choice of milk	August 30 Nachos Salad bar Fruit Choice of milk	August 31 Hot dog wraps Salad bar Fruit Choice of milk	1 Chicken nuggets Fries Salad bar Fruit Choice of milk	2 No school
5 No school Labor Day	6 Hamburgers Fries Salad bar Fruit Choice of milk	7 Chicken and rice Casserole Salad bar Fruit Choice of milk	8 Tacos Salad bar Fruit Choice of milk	9 Spaghetti Garlic bread Salad bar Fruit Choice of milk
12 Chicken pot pie Salad bar Fruit Choice of milk	13 Hama and cheese Sub Salad bar Fruit Choice of milk	14 Pancakes Sausage Fruit Choice of milk	15 Chicken patty On a bun Salad bar Fruit Choice of milk	16 Tator tot Casserole Salad bar Fruit Choice of milk
19 Macaroni and cheese Broccoli Fruit Choice of milk	20 Goulash Salad bar Fruit Choice of milk	21 Pizza Salad bar Fruit Choice of milk	22 Breakfast burrito Salad bar Fruit Choice of milk	23 Grilled cheese Tomato soup Salad bar Fruit Choice of milk
26 Chicken nuggets Fries Salad bar Fruit Choice of milk	27 Turkey Mashed potatoes Salad bar Fruit Choice of milk	28 Chicken fajitas Rice Salad bar Fruit Choice of milk	29 Nachos Salad bar Fruit Choice of milk	30 Ham and cheese Sub Salad bar Fruit Choice of milk

News

USDA is an equal opportunity employer

Salad bar choices

Romaine lettuce, carrots, apple

Slices, applesauce, peaches, pears, bananas, oranges, mandarin oranges, pineapple, kiwi, strawberries, grapes, fruit salad

Condiments include:

Lite ranch or Catalina dressing, ketchup, mustard, mayo, sour cream, honey mustard, syrup, butter, BBQ sauce

Choice of milk:

**1% white milk
Or
TruMoo chocolate**