



LUNCH MENU



October 30th – November 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served from 6:30 a.m. – 7:30 a.m. Center's choice of Cereal, Breakfast Bars, Fruit or Toast with Milk					
A.M. Snack	30 Go-Gurt Yogurt & Water	31 Trail Mix w/ Diced Fruit & Water	1 Grapes & Water	2 Graham Crackers & Water	3 Bananas & Water
Lunch	Hot Dogs, Chips, Pineapple Chunks, Cucumbers & Milk	Cheese Pizza, Green Beans, Banana & Milk	Lunchables, Broccoli w/ Ranch Dressing, Oranges & Milk	Cheese Nachos, Ranch Beans, Apple Sauce & Milk	Turkey & Cheese Sandwich, Fruit Cocktail, Carrots w/ Ranch Dressing & Milk
P.M. Snack	Vanilla Wafers & Water	Fall Cookies & Water	Jell-O w/ Fruit & Water	Pretzels & Water	Ritz Bits Crackers & Water

Lamb of God Lutheran Church & School

*Note: If you choose to send your child's breakfast and/or lunch, please refrain from sending foods high in sugar such as donuts, candy, desserts, etc.
 For meal planning ideas: www.Gerber.com/MealPlanner; www.HealthyRequest.com