



October 9  
Columbus Day

# LUNCH MENU



October 9 – October 13

	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					
<b>A.M. Snack</b>	<b>9</b> Bananas & Water	<b>10</b> Apple Slices & Water	<b>11</b> Grapes & Water	<b>12</b> Cheerios w/ Raisins & Water	<b>13</b> Gold Fish & Water
<b>Lunch</b>	Stroganoff, Mixed Veggies, Peaches & Milk	Chicken Alfredo, Green Beans, Oranges & Milk	Lunchables, Carrots w/ Ranch Dressing, Watermelon & Milk	Steak Fingers, Mashed Potatoes, w/Gravy, Corn, Apples & Milk	Cheese Quesadilla, Broccoli w/ Ranch Dressing, Jell-O w/ Fruit & Milk
<b>P.M. Snack</b>	Ritz Bits & Water	Veggie Straws & Water	Vanilla Wafers & Water	Cheez-Its & Water	Rice Krispy Treat & 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](http://www.Gerber.com/MealPlanner); [www.HealthyRequest.com](http://www.HealthyRequest.com)