

Bethany Lutheran School Hot Lunch Menu

October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch choices and payment are due no later than Monday, September 21 \$3.30 cost of lunch includes one drink (milk or apple juice).	**SACK LUNCH OPTION You may also order a sack lunch with PBJ sandwich on whole wheat bread, bag of chips, carrot sticks, & a piece of fruit. Write "SL" on that day and <u>circle SL</u> (not the hot lunch item). It is the same price as hot lunch.		1 Corn Dog Baked potato chips Celery sticks w/ peanut butter or ranch Cantaloupe K. Kern / R. DeGarmo	2 3 rd Grade Field Trip Chili Frito Pie (bowl of chili w/ Fritos, topped w/ shredded cheddar cheese) Baby carrots with ranch dip Banana half Brownie K. Harrison / J. Munson
5 Deli roast beef sandwich (wheat bun) Baked potato wedges Baby carrots Grapes Mystery Dessert??? I. Schneider / N. Barnett	6 Biscuits and Gravy Breakfast sausage links Oranges Gogurt A. Rauth / B. Kjergaard	7 Birthday Lunch with Pastors Cheese Pizza Tossed Salad (chopped Romaine/iceberg) Apples Mini-cupcakes G. Johnson / C. Walton	8 Chicken Strips Au gratin potatoes Side of Spinach salad Applesauce Brownie K. Swanson / B. Grimm	9 NO HOT LUNCH Noon Dismissal for Grandparents' Day
12 NO SCHOOL Professional Church Workers' Conference	13 NO SCHOOL Professional Church Workers' Conference	14 Beef Hot Dogs Baked Potato Chips Baby carrots with Ranch Orange slices Oreo fluff T. Crouch / N. Peine	15 Spaghetti w/ Marinara Sauce & separate meatballs Wheat roll with butter Raw broccoli crowns with Ranch dip Grapes B. Kjergaard / L. Ruble	16 Bean & Cheese Burrito Spanish Rice Banana half Fat free chocolate pudding J. Cole / B. Crowe
19 Deli sliced turkey & cheese sub Potato chips (Mayo & mustard available) Cucumber slices Small apple Pumpkin bar M. Kerr / N. Haeker	20 1st & 5th Grade Field Trips Chili w/ beans Half of baked potato w/ sour cream & shredded cheese Baby carrots with Ranch Peaches K. Miller / R. DeGarmo	21 Cheese Pizza Celery sticks with peanut butter or ranch Grapes Oreo Cookies K. Harrison / B. Purcell	22 NO HOT LUNCH Noon Dismissal Parent Teacher Conferences	23 NO SCHOOL Parent Teacher Conferences
26 Chicken Patty on a bun Twice baked potatoes Applesauce Fall cookie or dessert M. Kerr / N. Haeker	27 Soft Taco w/ meat & cheese on tortilla—sour cream, salsa & shredded lettuce available Tortilla Chips and fat-free refried beans Grapes D. Bolar / K. VanBuskirk	28 Ravioli & Bread stick Tossed salad Melon Brownie T. Crouch / L. Brumley	29 Breakfast for Lunch Pancakes with syrup Small slice of ham Orange Slices Go-gurt A. Grunewald / K. Swanson	30 Celebrate Reformation! Martin Luther Mac & Cheese (scoop) Wittenberg white meat Chicken Nuggets Graceful green beans Faith fruit cocktail Dirt & "Worms" K. Harrison / I. Schneider

Select your child's lunch choices by circling the day's menu or *writing & circling SL* if you want a sack lunch that day. Add your total below. *****DUE MONDAY, SEPTEMBER 21*****

Check or cash must be enclosed (payable to Bethany Lutheran). Cost per lunch is \$3.30. _____ # of hot lunches + _____ # of sack lunches = _____ x 3.30 = _____ (Total amount enclosed).

A copy of this menu, with your lunch choices circled will be copied and placed in your child's Friday folder for your future reference.

Each month, the hot lunch menus are also available on the school website at www.bethanyhschool.net