

Bethany Lutheran School Hot Lunch Menu

October 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch choices and payment are due no later than Monday, September 20 \$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 Chili Frito Pie (bowl of chili w/ Fritos, topped w/ shredded cheddar cheese) Baby carrots with ranch dip Banana half Brownie T. Nelson/ A. McKenna
4 Hot Beef Sandwich Mashed potatoes and gravy Baby carrots Grapes Oreo fluff A. Grunewald/ S. Cambiano	5 Corn Dog Baked potato wedges Celery sticks w/ peanut butter or ranch Cantaloupe K. VanBuskirk/ G. Dopson	6 Birthday Lunch with Pastors Cheese Pizza Tossed Salad (chopped Romaine/iceberg) Apples Mini-cupcakes A. Rosales/ I. Schneider	7 Breakfast for Lunch Pancakes with syrup Small slice of ham Orange Slices Go-gurt C. Walton/ K. Harrison	8 NO HOT LUNCH Noon Dismissal for Grandparents' Day
11 NO SCHOOL Professional Church Workers' Conference	12 NO SCHOOL Professional Church Workers' Conference	13 Chicken Strips Au gratin potatoes Side of Spinach salad Applesauce Brownie A. Rosales/ K. Kern	14 Fettucine Alfredo with separate chicken Wheat roll with butter Tossed salad Grapes C. Walton/ T. Crouch	15 Bean & Cheese Burrito Spanish Rice Corn Banana half Fat free chocolate pudding T. Nelson/ A. McKenna
18 Deli-sliced turkey/cheese on sub roll Potato chips (Mayo & mustard available) Cucumber slices Small apple Pumpkin bar L. Rasmussen/ T. Berkley	19 Soft Taco w/ meat & cheese on tortilla—sour cream, salsa & shredded lettuce available Tortilla Chips and fat-free refried beans Grapes A. Rauth/ B. Kjergaard	20 Ravioli & Bread stick Baby Carrots Melon Brownie A. Rosales/ K. Harrison	21 NO HOT LUNCH Noon Dismissal Parent Teacher Conferences	22 NO SCHOOL Parent Teacher Conferences
25 Cheese Pizza Celery sticks with peanut butter or ranch Grapes Oreo Cookies M. Kerr/N. Haeker	26 Chili w/ beans & separate baked potato (1/2 baked potato) Sour cream & shredded cheese avail.) Cucumber slices Peaches G. Dopson/ B. Kjergaard	27 Beef Hot Dogs Baked Potato Chips Baby carrots with Ranch Orange slices A. Rosales/ S. Thorn	28 Biscuits and Gravy Breakfast sausage links Oranges Go-gurt K. Harrison/ B. Purcell	29 Celebrate Reformation! Martin Luther Mac & Cheese (scoop) Wittenberg white meat Chicken Nuggets Graceful green spinach salad Faith fruit cocktail Dirt & "Worms" (a non-indulgent dessert) K. Miller/ L. Scanlon

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 13*****

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.bethanyschool.net