

SEPTEMBER | 2023

St. James Lutheran School



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 28 | 29 | 30 | 31 | 1 Sausage, Egg, and Cheese Tacos Sauteed Kale Breakfast Potato Mango Chunks *Salad Bar |
| 4 Labor Day No School | 5 BBQ Pulled Chicken Potato Wedges Roasted Butternut Squash Sliced Melon *Salad Bar | 6 Grilled Cheese French Fries Steamed Broccoli Strawberry and Banana Smoothie *Salad Bar | 7 Beef Nachos Chipotle Pinto Beans Assorted Toppings Roasted Corn Mandarin Oranges *Salad Bar | 8 Turkey, Cheese, and Cracker Lunch Kit Lunch in Classrooms K-8 Grandparents Day |
| 11 Mini Meatball Subs French Fries Green Beans Diced Peaches *Salad Bar | 12 Chicken Nuggets Assorted Dipping Sauce Roasted Red Potatoes Steamed Baby Carrots Apple Slices *Salad Bar | 13 Beef Street Tacos Fiesta Lime Corn Refried Beans Assorted Toppings Mixed Fruit *Salad Bar | 14 Fried Chicken Drumstick Baked Potato Roasted Asparagus Sliced Strawberries *Salad Bar | 15 Cheese Pizza Pepperoni Pizza Bread Stick Roasted Brussel Sprouts Fresh Red Grapes *Salad Bar |
| 18 Chili Dogs Assorted Toppings Curly Fries Baked Beans Warm Spiced Apples *Salad Bar | 19 Blueberry or Plain Square Pancakes Scrambled Eggs Roasted Butternut Squash Diced Pears *Salad Bar | 20 Chicken Alfredo Roasted Fresh Broccoli Bread Sticks Sliced Melon *Salad Bar | 21 Cheeseburgers Assorted Toppings Oven Baked Fries Steamed Peas Sliced Watermelon *Salad Bar | 22 Crusader Bowl Popcorn Chicken Mashed Potato w/ gravy Steamed Corn Mixed Fruit *Salad Bar |
| 25 Hot Ham and Cheese Croissant Smiley Fries Steamed Broccoli Sliced Peaches *Salad Bar | 26 Chicken Philly Sauteed Peppers and Onions Curly Fries Mixed Vegetables Flavored Applesauce *Salad Bar | 27 Baked Penne Pasta With Meatballs Garlic Bread Carrot Coins Fresh Grapes *Salad Bar | 28 Walking Tacos Beef or Chicken Mexican Street Corn Black Beans Assorted Toppings Diced Pears *Salad Bar | 29 Chicken Tenders Assorted Dipping Sauce Mac and Cheese Green Beans Frozen Fruit Treat *Salad Bar |

News

Student Lunch- \$3.25
Adult Lunch- \$4.60
Extra Entrée- \$2.50
Extra Sides- \$1.00
Extra Milk- \$.50

No Cash will be accepted, all transactions must be done through harmony.

Full Salad Bar
W/ Assorted
Vegetables and Fruit
Available Daily

Grab and Go Breakfast

Available 7:30-7:50am
For K-8 Only
Student Breakfast- \$1.90
Adult Breakfast- \$2.28
Free and Reduced Terms apply

*Fresh Fruit and/or
Vegetable Snack Provided
Daily!*

Parents are welcome to join their child for lunch, please let their teacher know in the morning!!

September Snack Schedule

All snacks are 1/2c. serving

Monday

Tuesday

Wednesday

Thursday

Friday

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|--|-------------------------------------|--|--|--|
| | | | | 1 Fresh Grapes |
| 4 No School | 5 Bananas | 6 Cucumbers w/Lt. Ranch | 7 Strawberries | 8 Cantaloupe |
| 11 Mango | 12 Kiwi Slices | 13 Orange Slices | 14 Bananas Pomegranate taste test | 15 Celery and Carrot Sticks |
| 18 Apples | 19 Blueberries | 20 Bell Pepper Strips | 21 Fresh Pineapple | 22 Fresh Mandarin Oranges |
| 25 Fresh Broccoli And Cauliflower | 26 Fresh Plums | 27 Raspberries | 28 Blood Oranges | 29 Bananas |

Snacks are subject to change without notice

This is an equal opportunity employer