



October is **National Apple Month**. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



## MONDAY



WG Corn Dog 1 Ea.  
Smile Fries 4 oz  
Baked Beans 4 oz  
Fruit 4 oz  
Milk 8 FL

## TUESDAY



WG Chicken Nuggets 4 oz  
Mashed Potato, Gravy 4oz  
WG Dinner Roll 1 Ea.  
Steamed Corn 4 oz  
Fruit, Milk 4 oz, 8 FL

## WEDNESDAY

NO SCHOOL  
1 percent Milk Provided Daily.  
\*WG = Whole Grain

BBQ Meatballs 4 oz  
Steamed Carrots 4 oz  
WG Dinner Roll 1 Ea.  
Fruit 4 oz  
Milk 8 FL

## THURSDAY

NO SCHOOL  
\*Fresh vegetables available daily.

WG Beefy Nachos 3oz, 1oz  
Refried Beans 4 oz  
Salsa 1 oz  
Fruit 4 oz  
Milk 8 FL

## FRIDAY

NO SCHOOL

WG Italian Dunkers 1 Ea.  
Marinara Sauce 2 oz  
Baby Carrots 4 oz  
Fruit 4 oz  
Milk 8 FL

Cheeseburger on a 3 oz  
WG Bun 1 ea.  
Tater Tots 4 oz  
Baked Beans 4 oz  
Fruit, Milk 4 oz, 8 FL

WG Orange Chicken 4 oz  
Brown Rice 3/4c  
California Blend 4 oz  
Fruit 4 oz  
Milk 8 FL

EARLY  
DISMISSAL  
11:30 AM

NO  
SCHOOL

NO  
SCHOOL

Beef Hot Dog on a 1 Ea.  
WG Bun 1 Ea.  
Smile Fries 4 oz  
Baked Beans 4 oz  
Fruit, Milk 4oz, 8 FL

Chicken Alfredo w/WG  
Pasta 4 oz, 3/4c  
WG Breadstick 1 Ea.  
Steamed Broccoli 4 oz  
Fruit, Milk 4 oz, 8 FL

Walking Taco 3 oz, 1 oz  
W/Fixings 1 oz, 1 oz  
Black Beans 4 oz  
Fruit 4 oz  
Milk 8 FL

WG Cheese Pizza 1 Ea.  
Romain Salad 3/4c  
Fruit 4 oz  
Milk 8 FL

Turkey & Cheese on a 3oz  
WG Bun 1 Ea.  
Baby Carrots 4 oz  
Chip, Cookie 1 oz, 1 oz  
Fruit, Milk 4 oz, 8 FL

WG Chicken Patty 3oz  
WG Bun 1 oz  
Tater Tots 4 oz  
Baked Beans 4 oz  
Fruit, Milk 4 oz, 8 FL

WG Spaghetti 3/4c  
w/Sauce 4 oz  
WG Breadstick 1 Ea.  
Steamed Broccoli 4 oz  
Fruit, Milk 4oz, 8 FL

Chicken Taco's 3 oz, 1Ea.  
w/Fixings 1 oz, 1 oz  
Black Beans 4 oz  
Fruit 4 oz  
Milk 8 FL

WG Mac & Cheese 8 oz  
WG Breadstick 1 Ea.  
Steamed Peas 4 oz  
Fruit 4 oz  
Milk 8 FL

Mini Corn Dogs 1 ea.  
French Fries 4 oz  
Baby Carrots 4 oz  
Fruit 4 oz  
Milk 8 FL



# St. John's Lutheran School

\*This institution is and equal opportunity provider.

# OCTOBER 2025