



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

WG Italian Dunkers 1Ea.
Marinara Sauce 2 oz.
Vegetable 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