

GOOD SHEPHERD LUTHERAN SCHOOL

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3RD
B- Kolaches, Pineapple
L- Egg Rolls, Rice, Mix
Vegetables, pears
S- Graham Crackers,
yogurt

4TH
B- Pancake, Applesauce
L- Chicken Nuggets,
Green Beans, Mango
S- Blueberry Bread

5TH
B- Bean & Cheese
Tacos, pineapple
L- Tator Tot Casserole,
corn, peaches
S- Crackers, String Chz

6TH
B-Waffles, Pears
L- Chicken & Rice
Casserole, Carrots,
Mango
S-Pretzels, Veggie Sticks

7TH
B- Cereal, Bananas
L- Turkey Wraps,
Bananas, Carrots
S- Orange Slices,
Animal Crackers

10TH
B-Pancakes, apple
sauce L-Ravioli, Green
beans, Oranges S-
Hummus, Pita Bread

11TH
B- Yogurt, granola bar
L- Tacos, corn, mangos
S- Sunchips, cheese

12TH
B- Scramble eggs,
potatoes
L- Chicken fried rice,
oranges
S-apples, sun butter

13TH
B- Waffles, pineapples
L- Sloppy Joes, fries,
applesauce S-Pretzel,
Cheese cubes

14TH
B- Cereal & Bananas
L- Turkey Sandwich,
salad, mangos
S-Popcorn, Juice

17TH
B-Pancakes,
pineapples
L-Chicken alfredo,
broccoli, peaches
S-Cheese itz, apples

18TH
B-Bagels, cream cheese
apple sauce
L-Empanadas, corn,
beans, mangos
S-Celery, ranch

19TH
B-Scrambled eggs,
potatoes, pineapples
L-Chicken Lo mein,
oranges
S-hummus, pita bread

20TH
B- Biscuits, apple sauce
L- Chicken Caesar Salad,
crackers, pears
S-Sunchips, apples

21ST
B- Cereal & Bananas
L- Turkey Wraps, salad,
mangos S-Popcorn,
Juice

24TH
B-Pancakes,
applesauce
L- Shepherds Pie, Mix
Veggies, peaches
S-Pretzels, string Chz

25TH
B- Waffles, apple sauce
L- Taquitos, beans,
mangos
S- Cheese itz, apples

26TH
B- Scrambled eggs
potatoes, peaches
L-Orange Chicken, rice,
pears
S- Fruit cup, crackers

27TH
B- English muffin, jelly,
yogurt
L- Chicken Nuggets,
corn, fruit
S- Pita bread, hummus

28TH
B- Cereal & Bananas
L- Turkey Sandwichs,
salad, mangos S-
Popcorn, Juice

31ST
B-Pancake, applesauce
L- Spaghetti, green
beans, oranges
S-Sunchips, String Chz



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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