



OCTOBER 2022

Gloria Dei Lutheran School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ziti Salad Pears 1% Milk	4 Chicken Noodle Soup Cheese Sandwich Mixed Fruit 1% Milk	5 Beef Stew Rice Apples 1% Milk	6 Crispy Chicken Wrap Lettuce, Tomato, Cheese Oranges Chips 1% Milk	7 Pizza Salad Grapes 1% Milk
10 Macaroni & Cheese Broccoli Apples 1% Milk	11 Chili w/ Cheese Fritos Carrots Grapes 1% Milk	12 Chicken Parmesan Noodles Salad, Bread Apples 1% Milk	13 Pancakes Sausage Cucumber Banana 1% Milk	14 Ham and Cheese Wrap Lettuce, Tomato Oranges Chips 1% Milk
17 Alfredo Salad Apples 1% Milk	18 Meatloaf in Gravy Mashed Potatoes Carrots Pears 1% Milk	19 Chicken Fajita Onions, Peppers Chips, Salsa Grapes, Cookie 1% Milk	20 Hot Dog Whole Grain Bun Baked Beans Oranges, Chips 1% Milk	21 Pizza Salad Banana 1% Milk
24 Sausage and Egg Biscuit Potato Cucumber Apples 1% Milk	25 Sweet & Sour Meatballs Rice Cucumbers Oranges 1% Milk	26 Kielbasa w/ Noodles Green Beans Grapes Dessert 1% Milk	27 Taco Lettuce & Tomato Chips, Salsa, Cheese Mixed Fruit 1% Milk	28 Hamburger Whole Grain Bun Lettuce, Tomato Banana, Chips 1% Milk
31 Spaghetti Salad Apples 1% Milk				