

## **Salem Lutheran School**

### **Lunch Menu**

**September 2023**

#### **Friday, Sept. 8**

Walking Tacos  
Toppings/Salad  
Strawberries  
Milk

#### **Monday, Sept. 11**

Scrambled Eggs with Cheese  
Banana  
Cinnamon Toast Crunch Bar  
Salsa  
Milk

#### **Tuesday, Sept. 12**

Chicken Tenders  
Mashed Potatoes and Gravy  
Corn on the Cob  
Watermelon  
Milk

#### **Wednesday, Sept. 13**

Tater Tot Casserole  
Carrot Sticks  
Apple  
String Cheese  
Milk

#### **Thursday, Sept. 14**

Hot Ham and Cheese  
French Fries  
Celery  
Grapes  
Milk

#### **Friday, Sept. 15**

WG Cheese Pizza  
Green Salad  
Watermelon  
Granola Bar  
Milk

#### **Monday, Sept. 18**

Goulash  
Ritz Crackers  
Apple

String Cheese  
Milk

**Tuesday, Sept. 19**

Hamburger Cheese Helper  
Green Salad  
Grapes  
Tortilla Chips with Salsa  
Milk

**Wednesday, Sept. 20**

Cheeseburger  
Banana  
Corn  
Cheese Stick  
Milk

**Thursday, Sept. 21**

Ham and Cheese Omlet  
Carrot Sticks  
Watermelon  
Cereal Bar  
Milk

**Friday, Sept. 22**

WG Cheese Pizza  
Salad  
Banana  
Milk

**Monday, Sept. 25**

Hot Dog on WG Bun  
Celery  
Mandarian Oranges  
String Cheese  
Milk

**Tuesday, Sept. 26**

French Toast  
Apple  
Hashbrowns  
Granola Bar  
Milk

**Wednesday, Sept. 27**

Spaghetti with Meatballs  
Garlic Bread  
Green Salad  
Watermelon

Milk

**Thursday, Sept. 28**

WG Cheese Pizza

Carrot Sticks

Peaches

Milk

**Friday, Sept. 29**

WG Beef Tacos

Salad/Toppings

Mexican Beans

Mixed Fruit

Milk

**Monday, Oct. 2**

Chicken Tenders

Mashed Potatoes

Mandrian Oranges

Corn

Milk