



# SEPTEMBER 2022



## OAK GROVE LUTHERAN MIDDLE SCHOOL & HIGH SCHOOL LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NOTES FROM THE KITCHEN: Salad bar available each day. Gluten Free (GF) option noted on entrée items. Menu items subject to change pending availability.			1 Orange Chicken w/ Rice (GF) Steamed Green Beans Pineapple Chunks	2 Meat Sauce w/ Pasta (GF) Steamed Broccoli Peaches	3
4	5 No School Happy Labor Day!	6 Ground Beef Soft Shell Taco w/ Toppings (GF) Seasoned Tator Tots Bananas	7 Ham & Cheese Sliders (GF) Peas Peaches	8 French Toast Sticks Hashbrowns Sausage Link Cinnamon & Sugar Apples	9 Chicken Alfredo w/ Pasta (GF) Garlic Toast (GF) Steamed Broccoli Grapes	10
11	12 Sloppy Joe's (GF) Waffle Fries Corn Pears	13 Shredded Chicken Taco w/ Toppings (GF) Spanish Rice Fresh Strawberries	14 Build Your Own Sandwich (GF) Potato Salad Pickle Spear Fresh Orange Slices	15 BBQ Chicken Bites (GF) w/ Dipping Sauces Biscuit Coleslaw Applesauce	16 Italian Dunkers w/ Marinara Sauce (GF) Fresh Sugar Snap Peas Peaches	17
18	19 Baked Potato Bar w/ Toppings (GF) Steamed Broccoli Pears	20 Crispitos w/ Toppings Spanish Rice (GF) Grapes	21 Hot Dogs (GF) Sweet Potato Fries Fresh Apple Slices	22 Chicken Sandwich (GF) Caesar Salad Bananas	23 Lasagna Rollups w/ Marinara Sauce (GF) Garlic Toast (GF) Steamed Green Beans Peaches	24
25	26 Buttered Noodles w/ Chicken (GF) Steamed Broccoli Fresh Kiwi Slices	27 Taco in a Bag w/ Toppings (GF) Corn Fresh Orange Slices	28 Meatball Subs (GF) Glazed Carrots Pears	29 Orange Chicken w/ Rice (GF) Steamed Green Beans Pineapple Chunks	30 Pepperoni or Cheese Pizza (GF) Fresh Sugar Snap Peas Applesauce	