



NOVEMBER 2022



OAK GROVE LUTHERAN MIDDLE SCHOOL & HIGH SCHOOL LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Lasagna Rollups w/ Marinara Sauce (GF) Breadstick (GF) Steamed Green Beans Fresh Orange Slices	2 BBQ Chicken Bites (GF) w/ Dipping Sauces Biscuit (GF) Coleslaw Pears	3 Waffles Hashbrowns (GF) Sausage Link Strawberries	4 Sloppy Joe's (GF) Waffle Fries (GF) Steamed Sweet Corn Fresh Kiwi Slices	5
6	7 Chicken Wild Rice Soup Dinner Roll (GF) Caesar Salad Fresh Sliced Oranges	8 Chicken Fajitas (GF) w/ Peppers & Onions Spanish Rice (GF) Peaches	9 Hamburgers (GF) Sweet Potato Fries (GF) Pickle Spear Banana	10 Sweet & Sour Chicken (GF) Fried Rice Vegetable Egg Roll Pineapple Chunks	11 No School	12
13	14 Grover Nachos (GF) w/ Toppings Steamed Sweet Corn Applesauce	15 All Beef Hot Dog (GF) French Fries (GF) Baked Beans Grapes	16 Tator Tot Hotdish w/ Corn or Peas on the side Banana	17 Buttered Noodles (GF) w/ Chicken Caesar Salad Sliced Apples w/ Caramel	18 Thanksgiving Meal (GF)	19
20	21 Italian Dunkers w/ Marinara Sauce (GF) Caesar Salad Fresh Apple Slices	22 Mac N' Cheese BBQ Smokies (GF) Steamed Green Beans Banana	23 No School	24 No School Happy Thanksgiving!	25 No School	26
27	28 Chicken Sandwich (GF) Ripple Potato Chips (GF) Fresh Pea Pods Grapes	29 Taco In A Bag w/ Toppings (GF) Steamed Sweet Corn Fresh Orange Slices	30 Alfredo Sauce w/ Chicken and Pasta (GF) Caesar Salad Peaches	NOTES FROM THE KITCHEN: Salad bar available each day. Gluten Free (GF) option noted on entrée items. Menu items subject to change pending availability.		