



JANUARY 2023



OAK GROVE LUTHERAN MIDDLE SCHOOL & HIGH SCHOOL LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 No School	3 No School	4 Italian Dunkers (GF) w/ Marinara Sauce Steamed Green Beans Bananas	5 Alfredo Sauce w/ Chicken and Pasta (GF) Caesar Salad Sliced Peaches	6 Ham & Cheese Sliders (GF) Ripple Potato Chips (GF) Glazed Carrots Pineapple	7
8	9 Pepperoni or Cheese Pizza (GF) Caesar Salad Banana	10 Waffles Scrambled Eggs Hashbrowns (GF) Fresh Strawberries	11 Chicken Patty on a Bun (GF) w/ Toppings Steamed Corn Applesauce	12 Mac N' Cheese BBQ Smokies Steamed Green Beans Clementine Orange	13 Uffda Tater Tots (GF) w/ Toppings Nacho Cheese Diced Pears	14
15	16 No School	17 Buttered Noodles (GF) w/ Chicken Steamed Broccoli Applesauce	18 Ground Beef Soft Shell Taco w/ Toppings (GF) Seasoned Tater Tots Diced Pears	19 Creamy Chicken Breast (GF) w/ Stove Top Stuffing Steamed Green Beans Banana	20 Chili (GF) Cinnamon Roll Sliced Peaches	21
22	23 All Beef Hot Dog (GF) Sweet Potato Fries (GF) Baked Beans Banana	24 Meat Sauce w/ Pasta (GF) Garlic Toast (GF) Caesar Salad Grapes	25 Hamburgers (GF) w/ Toppings French Fries (GF) Potato Salad Clementine Orange	26 Taquitos Potato Ole's (GF) w/ Nacho Cheese Sliced Cantaloupe	27 <i>Grover Happy Meal</i> Chicken Nuggets French Fries (GF) Fresh Pea Pods Apple Slices	28
29	30 Swedish Meatballs w/ Mashed Potatoes Steamed Corn Applesauce	31 Taco In A Bag (GF) w/ Toppings Sliced 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.		