

Menu Name : Priv Crown of Life Lutheran School Lunch Menu

Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads

Grade Level / Age Group : PreK-8 Grades

Meal Pattern : NSLP

Meal: Lunch

October - 2023

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	Old Fashioned Cheeseburger w/Tator Tots	Asian Chicken Dumplings	Beef Burrito Bowl	Mandarin Orange Chicken	Turkey Pepperoni Pizza Calzone	Week II
	Ketchup & Pickles	w/Momo Sauce	Seasoned Rice, Taco Meat	Steamed White Rice & Soy Sauce	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Shred Cheese & Youza Sauce	Assorted Salad Bar	Vanilla Wafers	
	Daily Fruit	Daily Fruit	Assorted Salad Bar	Daily Fruit	Daily Fruit	
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	Grilled Cheese Sandwich	French Pizza Bread	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Chicken Tenders & Dip	CKC Sweet & Sour Meatballs	Smoky Texas Chicken Drumstick	Golden Corn Dog	Garlic Dusted French Bread Pizza	Week III
	French Fries & Ketchup	Steamed White Rice	Corn Muffin	Ketchup	Italian Dip	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Cool Ranch Doritos	Assorted Salad Bar	
	Daily Fruit	Daily Fruit	Daily Fruit	Assorted Salad Bar	Daily Fruit	
Hot Veg	Veggie Hot Pocket & Sauce	Dipping Bites w/ Sauce	Veggie Quesadilla	Cheese Nachos	Cheesy Pull Aparts	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Chicken Patty Sandwich w/Cheese	Korean BBQ Meatballs				Week IV
	Bakery Bun & Ketchup	Steamed White Rice				
	Cheetos	Assorted Salad Bar	EARLY DISMISSAL	NO SCHOOL	NO SCHOOL	
	Assorted Salad Bar	Daily Fruit	NO LUNCH SERVED	TEACHERS' CONFERENCE	TEACHERS' CONFERENCE	
Hot Veg	Veggie Garden Burger & Mayo	Egg Fried Rice				
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun				

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Crunchy Tender Fritter Wrap	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick	SouthWest Chx Empanada Hot Pocket	Week V
	Flour Tortilla, Chicken Tenders	Steamed Seasoned White Rice	Nacho Cheese Doritos, Seasoned Beef	Tater Tots & Ketchup	Assorted Salad Bar	
	Shred Cheese, Boom Sauce	Assorted Salad Bar	Shredded Cheese & Crema	Assorted Salad Bar	Daily Fruit	
	Assorted Salad Bar	Daily Fruit	Assorted Salad Bar	Daily Fruit		
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colbv Cheese Omelet	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight	
	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Dave Kayoum - Director of Business Development Tuna & Peas on Buttered Saltines	
	Ketchup	Mashed Potatoes	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>	
	Cool Ranch Doritos	Assorted Salad Bar		
	Assorted Salad Bar	Daily Fruit		
	Daily Fruit			
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Tuna & Peas on Buttered Saltines recipe is on Page 2	

Week VI

	Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, October 31, 2023	Thursday, October 31, 2023	Friday, October 31, 2023	
(Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad	Deli Salads
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.	

*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)