Saints
Emmanuel-Faith
Lutheran School

School Lunch Menu October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 **Chicken Parmesan (GF)** Noodles Mixed Vegetables Orange, Applesauce Fruit & Veggie Bar Milk	2 **Rib Sandwich (GF)** Hoagie Bun Baked Beans Fruity Friday Fruit & Veggie Bar Milk	3
4	5 **Pizza Burger (GFw/NB)** Bun Green Beans Fresh Pears, Peaches Fruit & Veggie Bar Milk	6 **Hot Dog (GFw/NB)** Bun Tater Tots Orange, Fruit Cocktail Fruit & Veggie Bar Milk	7 **Chicken Strips** Corn Strawberries Applesauce Fruit & Veggie Bar Milk	8 **Beef Stroganoff** Noodles, Breadstick Peas Fruity Thursday Fruit & Veggie Bar Milk	9 **No School**	10
11	12 **No School**	13 **Breaded Chicken Patty** Dinner Roll Mashed Potatoes & Gravy Apple, Mixed Fruit Fruit & Veggie Bar Milk	14 **Cheese Pizza** Green Beans Blueberries Peaches Fruit & Veggie Bar Milk	15 **Teriyaki Chicken (GF)** Rice Mixed Vegetables Watermelon, Pears Fruit & Veggie Bar Milk	16 **Taco Burger (GFw/NB)** Bun Corn Fruity Friday Fruit & Veggie Bar Milk	17
18	19 **No School**	20 **Chicken Noodle Casserole** Dinner Roll Peas & Carrots Orange, Pears Fruit & Veggie Bar Milk	21 **BBQ Pork Sandwich (GFw/NB)** Bun Green Beans Watermelon, Fruit Cocktail Fruit & Veggie Bar Milk	22 **Mucho Nachos (GF)** Cheese Sauce, Tortilla Chips Broccoli Strawberries, Applesauce Fruit & Veggie Bar Milk	23 **Italian Dunker Sauce (GF)** Max Cheese Sticks Corn Fruity Friday Fruit & Veggie Bar Milk	24
25	26 **Mini Corndogs** Smiley Fries Apple Peaches Fruit & Veggie Bar Milk	27 **Grilled Cheese Sandwich** Peas Cantaloupe Pears Fruit & Veggie Bar Milk	28 **Chicken Fried Rice (GF)** Green Beans Orange Fruit Cocktail Fruit & Veggie Bar Milk	29 **Fiestada** Corn Strawberries Applesauce Fruit & Veggie Bar Milk	30 **Pork Steak** Dinner Roll Mashed Potatoes & Gravy Fruity Friday Fruit & Veggie Bar Milk	31

Daily Fruit & Vegetable Bar is available to students ordering the main dish or may be ordered alone & includes vegetables, fruit, & a grain.

The following beverages are available everyday: Water, 1% White Milk, 1% Chocolate Milk, Fat Free Strawberry Milk

*Menu is subject to change at anytime

*Milk is available for students bringing cold lunch for $0.50

(Students are encouraged to have money in their lunch account and not bring milk money to school daily.)

Fruit & Vegetable Bar will also include the following proteins:

Monday & Thursday—Yogurt, Tuesday & Friday—Cottage Cheese, Wednesday—Chef Salad Fixings (ham or turkey & shredded cheese).

GF - Gluten Free

GFw/NB - Gluten Free with no bread or bun

Student Lunch $3.30 Reduced Price Lunch $0.40 Extra Entrée (MS only) $1.50 Adult Lunch $4.70

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