

# Minnesota Valley Lutheran High School

## September Lunch Menu

			1	2
Salad Bar Available order at MVL.org Milk Included With Each Meal	Menu Subject to Change			
5	6	7	8	9
Cheese, Sausage, or Pepperoni Pizza, Cauliflower, Pears, Fresh Vegetables, Salad and Fruit	Chicken Fajitas, Corn Chips, Refried Beans, Applesauce, Fresh Vegetables, Salad and Fruit	Meatballs, Mashed potatoes, Bread Slices, Corn, Peaches, Fresh Vegetables, Salad and Fruit	Chicken Patty on Bun, Au Gratin Potatoes, Broccoli, Pears, Fresh Vegetables, Salad and Fruit	Pulled Pork on a Bun, Curly Fries, Green Beans, Mixed Fruit, Fresh Vegetables, Salad and Fruit Cup
12	13	14	15	16
Chicken Strips, Bread slices, Cauliflower, Applesauce Fresh fruit, veggies & Salad	Meatball, Buffalo Chicken, or Deli Turkey Sub Sandwich, Broccoli, Pineapple, Salad and Fruit	Mr. Rib on a bun Snack Chips Coleslaw, peas and carrots, Fresh Fruit and vegetables	Chicken Fajita Haystax, Refried Beans, Diced Pears, Fresh Vegetables, Salad and Fruit	Turkey or Ham Wrap, Snack Chips, Peas, Mandarin Oranges, Salad and Fruit
19	20	21	22	23
Hot Dogs on WGR Bun, Macaroni & Cheese, Baked Beans, Oranges, Fresh Vegetables, Salad and Fruit Cup	Hamburger on a Bun, Baked Beans, Applesauce, Fresh Vegetables, Salad and Fruit	Cheese Quesadilla or Beef & Bean Burrito, Broccoli, Peaches, Fresh Vegetables, Salad and Fruit	Chicken Alfredo, Bread Slice, Broccoli, Pineapple, Fresh Vegetables, Salad and Fruit	Sloppy Joes on WGR Bun, Chips, Green Beans, Mixed Fruit, Fresh Vegetables, Salad and Fruit
26	27	28	29	30
Pizza Choices, Peas, Pineapple Chunks, Fresh Vegetables, Salad and Fruit	Tacos on WW Tortilla, Refried Beans, Tortilla Chips, Applesauce, Fresh Vegetables, Salad and Fruit	Sweet & Sour Chicken on Rice, Broccoli, Bread Slice, Pineapple, Fresh Vegetables, Salad and Fruit Cup	Lasagna Roll Ups, Garlic Breadstick, Green Beans, Diced Pears, Fresh Vegetables, Salad and Fruit	Tater Tot Hotdish, Bread Slices, Corn, Peaches, Fresh Fruit, Veggies & Salad

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