

MINNESOTA VALLEY LUTHERAN
LUNCH MENU

28	29	30	31	1
<p>WG Mini Doughnuts Applesauce, Grapes, Milk</p> <p>Corn Dogs, Chips, Green Beans, Applesauce, Salad Bar Carrots</p>	<p>WG Poptart Fruit Cup, Apple, Milk</p> <p>Pepperoni, Sausage or Cheese Pizza Cooked Peas Diced Pears Salad bar, Milk</p>	<p>WGR Cinnamon Roll Raisins, Fresh Fruit, Milk</p> <p>Hamburgers on a bun, Fries, Baked Beans Pineapple, Salad bar, Milk</p>	<p>Choc Chip Granola bar, fruit cup, grapes, Milk</p> <p>Mr. Rib on a bun, snack chips, broccoli, Peaches, fresh fruit, Salad Bar, Milk</p>	
4	5	6	7	8
	<p>Breakfast Cereal, cheese stick, Fruit, Milk</p> <p>Chicken & Cheese Quesadilla, Refried or black Beans, Salad Bar, Peaches, Milk</p>	<p>Poptart, Raisins, Fruit, Milk</p> <p>Chicken Strips, Bread Slices, Mashed Potatoes Corn, Pears, Salad Bar, Milk</p>	<p>Blueberry Muffin, fruit, cheese stick, Milk</p> <p>Sloppy Joes, snack chips, peas, fruit fluff, Applesauce, Salad Bar. Milk</p>	<p>Cereal Bar, Apple, Go-Gurt, Milk</p> <p>Hot Ham and Cheese on a bun, chips, Baked beans, Sidekicks, Fresh Fruit & Salad Bar, Milk</p>
17	18	19	20	21
<p>Chicken Legs, Bread slice, Au Gratin Potatoes, Broccoli, Peaches, Fresh Vegetables</p>	<p>Chicken & Cheese Quesadilla Refried Beans, Rice, Lettuce, Peaches, Carrots</p>	<p>Meatballs, Mashed Potatoes, Bread Slices, Green Beans, Pears, Lettuce, carrots</p>	<p>Sweet & Sour Chicken, Rice, Bread Slice, Oriental Veggies, Pineapple, Fresh Veggies</p>	<p>Turkey Wraps, Corn, Snack Chips, Mandarin Oranges, Lettuce & fresh fruit, raisins</p>
24	25	26	27	28
<p>Pepperoni, Sausage or Cheese Pizza, Peas, Peaches, Lettuce & Carrots</p>	<p>Tater Tot Hotdish, Corn, bread slices, Pears, Lettuce, Carrots and Celery</p>	<p>Hamburgers on a bun, Mashed potatoes, Corn, Applesauce, Salad</p>	<p>Hot Dogs, Apple Crisp, Baked Beans, Pears, Fresh Fruit & Carrots</p>	<p>Chicken Fajitas, Corn Chips, Refried Beans, Lettuce, Mixed Fruit</p>
31	1	2	3	
<p>BBQ Chicken on bun, Fries, Broccoli, Mixed Fruit, Fresh Veggies & Fruit</p>				<p>Milk Included With Meal Menu Subject to Change Salads available: order a day ahead @mvlhs.org</p>

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