

# SEPTEMBER 2025

## St. Marcus Lutheran School

### Dairy & Egg Free K4-8 Hot Lunch Menu



**CFI**

CENTERS FOR INDEPENDENCE

### **\*\*ALLERGY MENU\*\***

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <b>1</b><br><br><b>Labor Day</b><br><b>CFI Closed</b>  | <b>2</b><br><br>WG Chicken Nuggets (5)<br>BBQ Sauce Packet<br>Baby Carrots<br>Seasonal Fruit<br>Dairy Free Milk   | <b>3</b><br><br>Italian Meat Sauce Marinara<br>Twirly Pasta<br>WG Artisan Dinner Roll<br>Fresh Garden Salad Blend w/<br>DAIRY FREE Dressing Packet<br>Seasonal Fruit<br>Dairy Free Milk | <b>4</b><br><br><b>NEW!</b> Sweet & Sour Diced Chicken<br>WG Brown Rice<br>Fresh Broccoli Bites<br>Dairy & Egg Free WG Crackers<br>Seasonal Fruit<br>Dairy Free Milk   | <b>5</b><br><br><u><a href="#">Build your Own Sandwich!</a></u><br>Turkey Deli Meat<br><b>NO CHEESE or MAYO</b><br>WG Sub Bun<br>Mustard Packet<br>Roasted Baby Baker Potatoes<br>Seasonal Fruit<br>Dairy Free Milk |
| <b>8</b><br><br>Beef Hamburger Patty<br><b>NO CHEESE</b><br>Ketchup & Mustard<br>WG Hamburger Bun<br>Celery Sticks<br><b>NO RANCH</b><br>Seasonal Fruit<br>Dairy Free Milk                                   | <b>9</b><br><br><b>SAME AS K-8 MENU</b><br><b>Use Dairy &amp; Egg Free WG Crackers</b><br>Dairy Free Milk   | <b>10</b><br><br><b>SAME AS K-8 MENU</b><br><b>Use Dairy &amp; Egg Free WG Crackers</b><br>Dairy Free Milk  | <b>11</b><br><br><b>SAME AS K-8 MENU</b><br><b>NO CHEESE or SOUR CREAM</b><br><b>NO WG FLATBREAD</b><br><b>Use WG Tortilla</b><br>Dairy Free Milk  | <b>12</b><br><br>Italian Meat Sauce Marinara<br>Twirly Pasta<br>Baby Carrots<br>WG Artisan Dinner Roll<br>Seasonal Fruit<br>Dairy Free Milk   |
| <b>15</b><br><br>Diced BBQ Chicken<br>WG Hamburger Bun<br>Vegetarian Baked Beans<br>Seasonal Fruit<br>Dairy Free Milk  | <b>16</b><br><br><u><a href="#">WI Harvest of the Month- Broccoli</a></u><br>Italian Meat Sauce Marinara<br><b>NO CHEESE</b><br><b>NEW!</b> WG Sub Bun<br>Fresh Broccoli Bites<br>Seasonal Fruit<br>Dairy Free Milk | <b>17</b><br><br>Teriyaki Chicken<br>WG Brown Rice<br>WG Flatbread Slice<br>Baby Carrots<br>Seasonal Fruit<br>Dairy Free Milk   | <b>18</b><br><br><b>SAME AS K-8 MENU</b><br><b>NO CHEESE</b><br>Dairy Free Milk  | <b>19</b><br><br>WG Chicken Patty Sandwich<br>BBQ Sauce<br>WG Hamburger Bun<br>Sliced Cucumbers<br>Seasonal Whole Fruit<br>Dairy Free Milk  |
| <b>22</b><br><br>WG Chicken Nuggets (5)<br>BBQ or Hot Sauce Packet<br>Fresh Garden Salad Blend w/<br>DAIRY FREE Dressing Packet<br><b>NEW!</b> WG Chocolate Belly Bears<br>Seasonal Fruit<br>Dairy Free Milk | <b>23</b><br><br><b>SAME AS K-8 MENU</b><br><b>NO CHEESE or SOUR CREAM</b><br>Dairy Free Milk   | <b>24</b><br><br>Italian Meat Sauce Marinara<br>Twirly Pasta<br>Fresh Broccoli Bites<br>Dairy & Egg Free WG Crackers<br>Seasonal Fruit<br>Dairy Free Milk                               | <b>25</b><br><br>Hearty Beef & Bean Chili<br><b>NO CHEESE</b><br><b>(OR Kid's Classic- WG Chicken Nuggets)</b><br>Sweet Corn Kernels<br><b>NO CORNBREAD</b><br><b>Use Dinner Roll or Pretzel Breadstick</b><br>Seasonal Fruit<br>Dairy Free Milk | <b>26</b><br><br><b>SAME AS K-8 MENU</b><br><b>NO BISCUIT</b><br><b>Use Dinner Roll or Pretzel Breadstick</b><br>Dairy Free Milk  |
| <b>29</b><br><br>Chicken Taco Meat<br>WG Tortilla<br>Taco Sauce Packet<br>Ranchero Pinto Beans<br>Seasonal Fruit<br>Dairy Free Milk  | <b>30</b><br><br>Diced BBQ Chicken<br>WG Hamburger Bun<br>Fresh Broccoli Bites<br>Seasonal Fruit<br>Dairy Free Milk   |   |  | <b>MILK FOR SCHOOLS:</b><br><b>Per MD Order</b><br><br><b>MENU SUBJECT TO CHANGE</b>  |

**MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

This institution is an equal opportunity provider.

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