



DYNAMIC LIFE CHRISTIAN SCHOOL

1600 John Marshall Highway • Front Royal • 540 636-9595

Elvi Rogers, Director

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September 2023



monday

tuesday

wednesday

thursday

friday



4

5

6

7

8

Turkey Sandwiches
Chips & Cucumber and Ranch
Pineapple Chunks
Milk
Yogurt, Banana & Juice

Bagel Bites
Green Beans
Grapes
Milk
Strawberries & Cream + Milk

Grilled Cheese
Soup
Fruit Snack
Milk
Pretzels & Milk

Ham & Cheese Rolls
Veggie Straws
Peaches
Milk
Fruit Cup & Milk

11

12

13

14

15

Hamburger
Tater Tots
Mandarin Oranges
Milk
Jello & Milk

Chicken Alfredo
Broccoli
Pears
Milk
Animal Crackers & Milk

Taquitos
Salad
Peaches
Milk
Granola & Milk

Hot Dog
Fries
Watermelon
Milk
Rice Krispie Treats & Milk

Pancakes &
Sausage
Banana
Milk
Cheese & Crackers
+ Lemonade

M.O.P.S.
10:00 a.m.-noon

18

19

20

21

22

Hot Pocket
Cooked Peas & Carrots
Apple Slices
Milk
Chips & Milk

Chicken Nuggets
Fries
Mandarin Oranges
Milk
Cheez-its & Milk

Homemade Lunchable
Crackers
Peaches
Milk
Dirt and Worm Pudding & Milk

Chicken Quesadillas
Rice
Pineapple Chunks
Milk
Vanilla Wafers & Milk

Spaghetti
Green Beans
Grapes
Milk
Oreos & Milk

25

26

27

28

29

Mac & Cheese
Broccoli
Fruit Cocktail
Milk
Goldfish & Milk

Corn Dogs
Tator Tots
Apple Slices
Milk
Cookie and Milk

Salsbury Steak &
Mashed Potatoes
Green Beans
Mandarin Oranges
Milk
Nutri Grain Bar & Juice

Chicken Patty
Corn
Grapes
Milk
Chocolate Pretzels & Milk

Pizza
Corn
Peaches
Milk
Poptart & Milk

