



DYNAMIC LIFE CHRISTIAN SCHOOL

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

Elvi Rogers, Director

email dlcs1@comcast.net ~ www.dlcs1.com

monday

tuesday

wednesday

thursday

friday



Muffin & Juice **9**
Mac & Cheese
Green Beans
Strawberries
Milk
Pretzel/Cheese Stick & Milk

Waffles & Juice **3**
Turkey Sandwiches
Chips & Carrot Stick
Apple Sauce
Milk
Yogurt, Banana & Milk

Pancake + Sausage Dog & Juice **4**
Individual Pizza
Green Beans
Grapes
Milk
Strawberry Shortcake + Milk

Toaster Streudel & Milk **5**
Corn Dogs
Veggie Straws
Clementine
Milk
Pretzels and Raisins & Juice

Poptarts & Milk **6**
Mini Cheese Omelets
Hash Browns
Banana
Milk
Cheese & Crackers + Juice

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

Bagel + Cr. Cheese & Milk **16**
Pizza Pocket
Salad
Apple Slices
Milk
Animal Crakers & Juice

Apples, Yogurt & Milk **10**
Mini Burgers
Fries
Watermelon
Milk
Rice Krispie Treats & Juice

Oatmeal & Milk **11**
Mini Tacos
Corn
Grapes
Milk
Trail Mix & Juice

Cereal & Milk **12**
Chicken Nuggets
Broccoli
Apple Slices
Milk
Animal Crackers & Juice

Sausage Biscuit & Milk **13**
Ham & Cheese Rolls
Cucumber/Tomato Salad
Peaches
Milk
Fruit Cup & Juice

Warren
County
Schools
Closed

Waffle & Milk **23**
Fish Sticks
Broccoli
Fruit Salad
Milk
Graham Crackers/PB & Juice

Toaster Streudel & Milk **17**
Tuna Salad & Crackers
Chips
Grapes
Milk
Fruit Snacks & Juice

Waffles & Juice **18**
Homemade Lunchable
Veggie Sticks
Peaches
Milk
Chocolate Chip Cookie & Milk

Oatmeal & Juice **19**
Spaghetti with Meat Sauce
Green Beans
Pineapple Chunks
Milk
Vanilla Wafers & Milk

Fruit Bowl, Crackers & Juice **20**
Hot Dogs
Goldfish
Banana
Milk
Yogurt & Animal Crackers

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

Poptarts & Milk **30**
Beans & Franks
Curly Fries
Grapes
Milk
Cheese ITs & Juice

Pancakes & Milk **24**
Tortellini & Bread Stick
Green Beans
Apple Slices
Lemonade
Pudding & Milk

Oatmeal & Milk **25**
Taquitos
Salad
Clementine
Milk
Caramel Rice Cake & Juice

Apples/Yogurt & Juice **26**
Chicken Tenders
Waffles
Grapes
Milk
Chocolate Pretzels & Milk

Muffin & Milk **27**
Pizza
Cooked Carrots
Peaches
Milk
Trail Mix & Juice

Kindergarten
Interim Reports



September 2019

