

Week of 10-2-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Bread/grain • Fruit/vegetable • Milk 	<p>English Muffin</p> <p>Blueberries*#</p> <p>Milk</p>	<p>Homemade Pancakes</p> <p>Strawberries*#</p> <p>Milk</p>	<p>Oatmeal</p> <p>Apples */#</p> <p>Milk</p>	<p>Cereal</p> <p>Bananas */#</p> <p>Milk</p>	<p>Cinnamon Sugar Toast</p> <p>Oranges */#</p> <p>Milk</p>
<p><u>Lunch</u></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans) • Bread/grain • Vegetable • Fruit • Milk 	<p>Tuna Wraps (Tortilla)</p> <p>Pickle Spear #</p> <p>Carrots */#</p> <p>Milk</p>	<p>Kielbasa</p> <p>Buttered Bread</p> <p>Green Beans #</p> <p>Mandarin Oranges */#</p> <p>Milk</p>	<p>Chicken Pot Pie (crust)</p> <p>(Peas */#)</p> <p>Apple Sauce #</p> <p>Milk</p>	<p>Spanish Rice w/ ground beef (Rice)</p> <p>(Tomatoes/Black Olives)</p> <p>Peaches #</p> <p>Milk</p>	<p>Sloppy Joe on a Bun (Bun)</p> <p>Cucumbers */#</p> <p>Pears #</p> <p>Milk</p>
<p><u>Snack</u></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Bread/grain • Fruit/vegetable • Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans) 	<p>Rice Krispie Treats</p> <p>Juice</p>	<p>Pretzels</p> <p>Grapes #*</p>	<p>Graham Crackers</p> <p>Bananas */#</p>	<p>Milk</p> <p>Homemade Chocolate Chip Bars</p>	<p>Sugar Snap Peas */#</p> <p>Cheese #</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

*Denotes fresh or frozen items.

**Denotes use of whole grain product.

#Denotes Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 10-09-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Milk</i> 	<p>Bagels</p> <p>Apple Slices */#</p> <p>Milk</p>	<p>Homemade Waffles</p> <p>Strawberries */#</p> <p>Milk</p>	<p>Cereal</p> <p>Orange Slices */#</p> <p>Milk</p>	<p>Homemade Chocolate Chip Muffin Bars</p> <p>Bananas */#</p> <p>Milk</p>	<p>National Egg Day!</p> <p>Scrambled Eggs & Toast</p> <p>Pears #</p> <p>Milk</p>
<p><u>Lunch</u></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> <i>Bread/grain</i> <i>Vegetable</i> <i>Fruit</i> <i>Milk</i> 	<p>Black Bean & Cheese Quesidillas (Tortilla)</p> <p>(Black Beans) #</p> <p>Apple Sauce #</p> <p>Milk</p>	<p>Beef Roast</p> <p>Mashed Potatoes</p> <p>Corn #</p> <p>Pineapple *#</p> <p>Milk</p>	<p>Beef Chili w/Beans (Noodles)</p> <p>(Beans) #</p> <p>Cucumber Slices */#</p> <p>Milk</p>	<p>Macaroni and Cheese (Noodles)</p> <p>Peas */#</p> <p>Pears #</p> <p>Milk</p>	<p>Turkey Sandwiches (Bread)</p> <p>Pickles #</p> <p>Grapes */#</p> <p>Milk</p>
<p><u>Snack</u></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <i>Milk</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> 	<p>Ranch Oyster Crackers</p> <p>Carrots */#</p>	<p>Milk</p> <p>Homemade Brownies</p>	<p>Broccoli */#</p> <p>Cheese</p>	<p>Cheez its</p> <p>Fruit Juice</p>	<p>Cheerios</p> <p>Blueberries */#</p>

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Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 10-16-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Milk</i> 	<p>English Muffins w/Jelly</p> <p>Apple Slices */#</p> <p>Milk</p>	<p>Homemade Pancakes</p> <p>Blueberries */#</p> <p>Milk</p>	<p>Oatmeal</p> <p>Raisins #</p> <p>Milk</p>	<p>Cereal</p> <p>Bananas */#</p> <p>Milk</p>	<p>Cinnamon Sugar Toast</p> <p>Orange Slices */#</p> <p>Milk</p>
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> <i>Bread/grain</i> <i>Vegetable</i> <i>Fruit</i> <i>Milk</i> 	<p>Tuna Melt w/Cheese</p> <p>(Bread)</p> <p>Pickles #</p> <p>Pears #</p> <p>Milk</p>	<p>Chicken w/Rice</p> <p>(Rice)</p> <p>Corn */#</p> <p>Peaches #</p> <p>Milk</p>	<p>English Muffin Pizza</p> <p>(English Muffin)</p> <p>Carrots */#</p> <p>Mandarin Oranges #</p> <p>Milk</p>	<p>Chicken Casserole w/ Stuffing & Broccoli</p> <p>(Stuffing)</p> <p>(Broccoli) */#</p> <p>Fruit Cocktail #</p> <p>Milk</p>	<p>Chef Salad w/Hard Boiled Eggs & Cheese</p> <p>Croutons</p> <p>Cucumbers */#</p> <p>Apple Slices */#</p> <p>Milk</p>
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <i>Milk</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> 	<p>Animal Crackers</p> <p>Raisins</p>	<p>Broccoli */#</p> <p>Cheese</p>	<p>Cheerios</p> <p>Apple Sauce #</p>	<p>Milk</p> <p>Rice Krispie Bars</p>	<p>Ritz crackers</p> <p>Summer Sausage</p>

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Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 10-23-17	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Milk</i> 	Bagels w/Cream Cheese Orange Slices */# Milk	Homemade Waffles Blueberries */# Milk	Cereal Bananas */# Milk	LMASD workday National Pumpkin Day! Homemade Pumpkin Muffin Bars Craisins */# Milk	LMASD workday Cheese Toast Apple Slices */# Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Fruit/Vegetable</i> <i>Milk</i> 	Cheeseburger Casserole (Noodles) (Tomatoes #) Mandarin Oranges # Milk	Pepperoni Pizzadillas (Tortilla) Lettuce Salad*/# Pears # Milk	Cowboy Stew w/Beef & Beans Buttered Bread (Beans) # Applesauce # Milk	Turkey Sandwiches (Bread) Carrots */# Grapes */# Milk	Spagehetti w/meat Sauce (Noodles) Green Beans */# Peaches # Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <i>Milk</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> 	Tortilla Chips Cheese Sauce	Milk Cinnamon Sugar Pretzels	Snap peas Cheese	Butter bread Cucumber slices	Graham Crackers Applesauce

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Week of 10-30-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Milk</i> 	<p>English Muffins</p> <p>Oranges */#</p> <p>Milk</p>	<p>Homemade Pancakes</p> <p>Strawberries */#</p> <p>Milk</p>	<p>Oatmeal</p> <p>Apples */#</p> <p>Milk</p>	<p>Homemade Blueberry Muffins</p> <p>Bananas */#</p> <p>Milk</p>	<p>Cinnamon Sugar Toast</p> <p>Mandarin Oranges #</p> <p>Milk</p>
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Fruit/Vegetable</i> <i>Milk</i> 	<p>Chicken Tacos</p> <p>(Tortilla)</p> <p>Corn */#</p> <p>Applesauce #</p> <p>Milk</p>	<p>Grilled Cheese</p> <p>(Bread)</p> <p>Tomato Soup #</p> <p>Pineapple #</p> <p>Milk</p>	<p>Sloppy Jo Tater Tot Casserole</p> <p>Buttered Bread</p> <p>(Baked Beans)</p> <p>(Tater Tots)</p> <p>Milk</p>	<p>Beef Roast</p> <p>Mashed Potatoes</p> <p>Peas */#</p> <p>Peaches #</p> <p>Milk</p>	<p>Tuna Wrap</p> <p>(Tortilla)</p> <p>Cucumbers */#</p> <p>Pears #</p> <p>Milk</p>
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <i>Milk</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> 	<p>Buttered bread</p> <p>Banana slices*#</p>	<p>Carrots */#</p> <p>Cheese</p>	<p>Milk</p> <p>Jello Cake</p>	<p>Snack Mix</p> <p>Juice</p>	<p>Cheerios</p> <p>Applesauce</p>

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