



Lake School Menu



October 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5	6	7	8	9	10
Fall Break									
8 Breakfast: French Toast Sticks, Or Cereal, St. Cheese, Fresh Fruit, Juice Lunch: Cheese Pizza Gr. Salad, Carrots Pineapple, Milk		9 Breakfast: Pumpkin Bread, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Turkey Gravy, Mashed Potatoes, Gr. Salad, , Mixed Fruit, Roll, Milk		10 Breakfast: Bagel w/cream cheese, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Lasagna, Gr. Salad, Broccoli, Mixed Fruit, Roll, Milk		11 Breakfast: English Muffin Sandwich, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Taco Soup Gr. Salad, Corn, Pears, Corn Muffin, Milk		12 Breakfast: Breakfast Pizza, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Turkey Sandwich, Gr. Salad ,Oven Fries, Baby Carrots, Fruit, Milk	
15 Breakfast: Oatmeal, Or Cereal, String Cheese, Fresh Fruit, Juice, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Green Salad, Pineapple, Smile Delights, Milk		16 Breakfast: Cinnamon Roll, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Mac & Cheese, Gr. Salad, Carrots Mixed Fruit, Roll, Milk		17 Breakfast: Yogurt Parfait, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Orange Chicken, Brown Rice, Gr. Salad, Broccoli, Mandarins, Roll, Milk		18 Breakfast: Biscuits w/Gravy, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Soft Taco Gr. Salad, Refried Beans, Pears, Milk		19 Breakfast: Muffin, Or Cereal, Yogurt, Fresh Fruit, Juice, Milk Lunch: PB&J Gr. Salad, Baby Carrots Peach Crisp, Milk	
22 Breakfast: Waffles, Or Cereal, Sausage, Fresh Fruit, Juice Lunch: Chicken Fajitas, Gr. Salad, Refried Beans, Pears, Milk		23 Breakfast: Buttermilk Bar, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Sloppy Joe, Gr. Salad, Baby Carrots, Pineapple, Milk		24 Breakfast: Breakfast Bun, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Spaghetti, Gr. Salad, Gr. Beans, Mixed Fruit, Breadstick , Milk		25 Breakfast: Breakfast Casserole, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Baked Ham, Rice Pilaf, Gr. Salad, Carrots, Peaches, Roll, Milk		26 Breakfast: Breakfast Pizza, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Hamburger, Gr. Salad, Oven Fries Baby Carrots, Fruit, Milk	
28 Breakfast: Oatmeal, Or Cereal, String Cheese, Fresh Fruit, Juice, Milk Lunch: Pulled Pork Sandwich, Gr .Salad, Mixed Veg. Pineapple, Milk		29 Breakfast: Lemon Scone, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Nachos, Gr. Salad, Refried Beans, Mixed Fruit, Milk		30 Breakfast: Yogurt Parfait, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Corn Dog, Gr. Salad, Gr. Beans, Peaches, Cookie, Milk					

Breakfast price is \$2.00 - Lunch is \$2.75 x 18 days in October = \$89.50 Total!

Grab & Go Breakfast for \$2.00! (4th – 8th Grade)

UBR Cookie, Fruit ,Juice, Milk	Muffin, Fruit, Juice, Milk	Graham Cracker, Yogurt, Fruit, Juice, Milk	Granola Bar, Cheese Stick, Fruit, Juice, Milk	Uncrustable, Fruit, Juice, Milk
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**This institution is an equal opportunity provider and employer
 ** Menu subject to change on any given day. Notice will be given if possible. ****