

# Breakfast Menu

November 2021

LCHS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Whole Grain Bagel w/ Cream Cheese(120) Cereal w/ Honey Grahams (50) Whole Fruit (119) Whole Fruit (Nectarine)(136) 1% White Milk(111) Fat Free White Milk(34)</p>	<p>2</p> <p>Mini Blueberry Pancakes(100) Apple Jacks w/ Cinnamon Grahams(65) Whole Fruit (Nectarine)(132) Apple(124) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>3</p> <p>Mantecada Sweet Bread(100) Frosted Flakes w/ Chocolate Grahams(65) Apple Sauce(132) Pear(116) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>4</p> <p>Breakfast Cheese Tamale(120) Froot Loops w/ Cinnamon Grahams(45) Whole Fruit (116) 100% Fruit Juice (165) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>5</p> <p>Apple Empanada(100) Apple Jacks w/ Granola(65) Craisins(165) Whole Fruit (Nectarine)(132) 1% White Milk(107) Fat Free White Milk(33)</p>
<p>8</p> <p>Blueberry Muffin Flat(90) Cereal w/ Honey Grahams (75) Whole Fruit (116) Whole Fruit (Nectarine)(132) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>9</p> <p>Bean &amp; Cheese Burrito w/ Hot Sauce(120) Apple Jacks w/ Cinnamon Grahams(45) Whole Fruit (Nectarine)(132) Apple(124) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>10</p> <p>Mango Bar(90) Frosted Flakes w/ Chocolate Grahams(75) Pear(116) Pear(116) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>11</p> 	<p>12</p> <p>Mini Soybutter &amp; Jelly Sandwich(100) Apple Jacks w/ Granola(65) Craisins(165) Whole Fruit (Nectarine)(132) 1% White Milk(107) Fat Free White Milk(33)</p>
<p>15</p> <p>Coffee Cake(120) Cereal w/ Honey Grahams (45) Whole Fruit (116) Whole Fruit (Nectarine)(132) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>16</p> <p>Mini Banana Pancakes (120) Apple Jacks w/ Cinnamon Grahams(45) Whole Fruit (Nectarine)(132) Apple(124) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>17</p> <p>Yogurt Parfait w/ Strawberries &amp; Granola(110) Frosted Flakes w/ Chocolate Grahams &amp; Fruit(55) Apple Sauce(132) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>18</p> <p>Chicken &amp; Waffle w/ Syrup(90) Froot Loops w/ Cinnamon Grahams(75) Whole Fruit (116) 100% Fruit Juice (165) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>19</p> <p>Strawberry Muffin(100) Apple Jacks w/ Granola(65) Craisins(165) Whole Fruit (Nectarine)(132) 1% White Milk(107) Fat Free White Milk(33)</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p> <p>Cinnamon Delight(80) Cereal w/ Honey Grahams (85) Whole Fruit (116) Whole Fruit (Nectarine)(132) 1% White Milk(107) Fat Free White Milk(33)</p>	<p>30</p> <p>Mini Maple Pancakes(100) Apple Jacks w/ Cinnamon Grahams(65) Whole Fruit (Nectarine)(132) Apple(124) 1% White Milk(107) Fat Free White Milk(33)</p>			

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**  
Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.  
This institution is an equal opportunity provider.



# Lunch Menu

november 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Beef Chili Cheese Fries w/ Cinnamon Chips(80) Cheeseburger w/ Oven Baked Fries(110) Baby Carrots 2(114) Whole Fruit(143) Pear(143) 1% White Milk(29) Fat Free Chocolate Milk(124)	Chicken Teriyaki w/ Yakisoba Noodles HS(85) Beef Nachos w/ Tortilla Chips(110) Baby Carrots(98) 100% Fruit Juice (195) Whole Fruit(146) 1% White Milk(29) Fat Free Chocolate Milk(127)	Chicken Nuggets, Mashed Potatoes & Pretzels(130) Chicken Tamale w/ Mixed Vegetables (65) Edamame w/ Tajin(98) Banana(156) Whole Fruit(146) 1% White Milk(29) Fat Free Chocolate Milk(127)	Chicken Burrito Bowl w/ WG Cookie(70) Cheese Lasagna w/ Tomato Basil Sauce & Pretzels(125) Baby Carrots(98) Whole Fruit(146) Nectarine(156) 1% White Milk(29) Fat Free Chocolate Milk(127)	Meatball Sub Sandwich(75) Beef, Bean & Cheese Burrito w/ Hot Sauce(120) House Salad w/ Italian(117) Apple(137) Whole Fruit (Pear)(137) 1% White Milk(29) Fat Free Chocolate Milk(127)
8	9	10	11	12

Chicken Patty Burger w/  
Oven Baked Fries (75)  
Cheeseburger w/ Oven  
Baked Fries(120)  
Baby Carrots 2(117)  
Whole Fruit(146)  
Pear(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Baked Ziti w/ Meat Sauce  
& Dinner Roll(95)  
Beef Nachos w/ Tortilla  
Chips(100)  
Baby Carrots(98)  
100% Fruit Juice (195)  
Whole Fruit(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Build Your Own Turkey  
Tacos w/ Refried Beans,  
Tortillas & Celery HS(60)  
Chicken Tamale w/ Mixed  
Vegetables & Bean  
Salad(135)  
Banana(156)  
Whole Fruit(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Mac & Cheese w/ Whole  
Grain Cookie(115)  
Beef, Bean & Cheese  
Burrito w/ Hot Sauce(80)  
Kale & Green Apple Salad  
w/ Ranch(98)  
Apple(137)  
Whole Fruit (Pear)(137)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

15

16

17

18

19

Honey-Mustard Grilled  
Chicken Sandwich w/  
Oven Baked Fries(90)  
Cheeseburger w/ Oven  
Baked Fries(105)  
Baby Carrots 2(117)  
Whole Fruit(146)  
Pear(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Turkey Chili w/ Original  
Popped Chips(75)  
Beef Nachos w/ Tortilla  
Chips(120)  
Baby Carrots(98)  
100% Fruit Juice (195)  
Whole Fruit(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Orange Chicken w/ Not-  
So-Fried Rice(85)  
Chicken Tamale w/ Mixed  
Vegetables (110)  
Edamame w/ Hot  
Sauce(98)  
Banana(156)  
Whole Fruit(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Spaghetti & Meatballs  
HS(95)  
Cheese Lasagna w/  
Tomato Basil Sauce &  
Pretzels(100)  
Baby Carrots(98)  
Whole Fruit(146)  
Nectarine(156)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Hamburger w/ BBQ  
Popped Chips (95)  
Beef, Bean & Cheese  
Burrito w/ Hot  
Sauce(100)  
House Salad w/  
Italian(117)  
Apple(137)  
Whole Fruit (Pear)(137)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

22

23

24

25

26

29

30

Beef Hot Dog on WG Bun  
w/ Oven Baked Fries(65)  
Cheeseburger w/ Oven  
Baked Fries(130)  
Baby Carrots 2(117)  
Whole Fruit(146)  
Pear(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

Chicken Tortilla Soup(65)  
Beef Nachos w/ Tortilla  
Chips(130)  
Baby Carrots(98)  
100% Fruit Juice (195)  
Whole Fruit(146)  
1% White Milk(29)  
Fat Free Chocolate  
Milk(127)

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**Saturday**

**Sunday**

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