

Breakfast Menu



october 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Pan Dulce(140) Apple Jacks w/ Granola(30) Whole Fruit 2(136) Whole Fruit (Nectarine)(170) 1% White Milk(119) Fat Free White Milk(51)	2	3
4 Whole Grain Bagel w/ Cream Cheese(120) Cereal w/ Honey Grahams (50) Whole Fruit (170) Orange(170) 1% White Milk(119) Fat Free White Milk(51)	5 Mini Blueberry Pancakes(80) Apple Jacks w/ Cinnamon Grahams(80) Orange(160) Whole Fruit (Nectarine)(160) 1% White Milk(112) Fat Free White Milk(48)	6 Mantecada Sweet Bread(80) Frosted Flakes w/ Strawberry Grahams(80) Pear(160) Whole Fruit 2(128) 1% White Milk(112) Fat Free White Milk(48)	7 Breakfast Cheese Tamale(50) Froot Loops w/ Cinnamon Grahams(100) Whole Fruit (150) 100% Fruit Juice (150) 1% White Milk(105) Fat Free White Milk(45)	8 Pineapple Empanada(50) Apple Jacks w/ Granola(100) Craisins(120) Whole Fruit 2(120) 1% White Milk(105) Fat Free White Milk(45)	9	10
11 Chocolate Chip Muffin Flat (80) Cereal w/ Honey Grahams (70) Whole Fruit (150) Orange(150) 1% White Milk(105) Fat Free White Milk(45)	12 Bean & Cheese Burrito(90) Apple Jacks w/ Cinnamon Grahams(60) Orange(150) Whole Fruit (Nectarine)(150) 1% White Milk(105) Fat Free White Milk(45)	13 Mango Bar(50) Frosted Flakes w/ Strawberry Grahams(100) Apple Sauce(150) Whole Fruit 2(120) 1% White Milk(105) Fat Free White Milk(45)	14 Egg & Cheese Sandwich (80) Froot Loops w/ Cinnamon Grahams(70) Whole Fruit (150) 100% Fruit Juice (150) 1% White Milk(105) Fat Free White Milk(45)	15 Mini Soybutter & Jelly Sandwich(80) Apple Jacks w/ Granola(70) Craisins(120) Whole Fruit 2(120) 1% White Milk(105) Fat Free White Milk(45)	16	17
18	19 Mini Banana Pancakes (80) Apple Jacks w/ Cinnamon Grahams(70) Orange(150) Whole Fruit (Nectarine)(150) 1% White Milk(105) Fat Free White Milk(45)	20 Fruit Yogurt Parfait Granola(100) Frosted Flakes w/ Strawberry Grahams & Fruit(50) Pear(150) 1% White Milk(105) Fat Free White Milk(45)	21 Chicken & Waffle w/ Syrup(60) Froot Loops w/ Cinnamon Grahams(90) Whole Fruit (150) 100% Fruit Juice (150) 1% White Milk(105) Fat Free White Milk(45)	22 Strawberry Muffin(60) Apple Jacks w/ Granola(90) Craisins(120) Whole Fruit 2(120) 1% White Milk(105) Fat Free White Milk(45)	23	24
25 Cinnamon Delight(50) Cereal w/ Honey Grahams (100) Whole Fruit (150) Orange(150) 1% White Milk(105) Fat Free White Milk(45)	26 Mini Maple Pancakes(70) Apple Jacks w/ Cinnamon Grahams(80) Orange(150) Whole Fruit (Nectarine)(150) 1% White Milk(105) Fat Free White Milk(45)	27 Cranberry Oatmeal Round(150) Apple Sauce(150) Whole Fruit 2(120) 1% White Milk(105) Fat Free White Milk(45)	28 Chicken Sausage & Pancake w/ Syrup(60) Froot Loops w/ Cinnamon Grahams(90) Whole Fruit (150) 100% Fruit Juice (150) 1% White Milk(105) Fat Free White Milk(45)	29 Pan Dulce(140) Apple Jacks w/ Granola(20) Craisins(128) Whole Fruit 2(128) 1% White Milk(112) Fat Free White Milk(48)	30	31

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

October 2021

LCHS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Enchiladas w/ Red Sauce (60) Beef, Bean & Cheese Burrito(125) Mixed Green Salad w/ Ranch(148) Whole Fruit(148) 100% Fruit Juice 3(185) 1% White Milk(50) Fat Free Chocolate Milk(130)
4 Beef Chili Cheese Fries w/ Cinnamon Chips(70) Cheddar Cheeseburger w/ Oven Baked Fries(100) Italian Combo Sandwich w/ Side of Baked Fries(20) Baby Carrots 2(190) Pear(190) Whole Fruit(152) 1% White Milk(57) Fat Free Chocolate Milk(133)	5 Chicken Teriyaki w/ Yakisoba Noodles HS(50) Beef Nachos w/ Tortilla Chips(79) Turkey Ham & Cheese Croissant w/ Baby Carrots HS(60) Baby Carrots(189) 100% Fruit Juice (189) Whole Fruit(151) 1% White Milk(57) Fat Free Chocolate Milk(132)	6 Chicken Nuggets & Mash w/ Cheez It Crackers(142) Turkey & Cheese Sandwich on Hawaiian Roll w/ Baby Carrots HS(50) Pinto Bean Salad(154) Banana(192) Whole Fruit(154) 1% White Milk(58) Fat Free Chocolate Milk(134)	7 Chicken Burrito Bowl w/ WG Cookie(60) Baked Ziti w/ Meat Sauce & Dinner Roll(60) Buffalo Chicken Salad w/ Wheat Crackers (60) Baby Carrots(180) Orange(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	8 Meatball Sub Sandwich(20) Beef, Bean & Cheese Burrito(140) Chicken Salad Sandwich (20) House Salad w/ Italian(144) Apple(180) Whole Fruit (Pear)(144) 1% White Milk(54) Fat Free Chocolate Milk(126)
11 Chicken Patty Burger w/ Oven Baked Fries (80) Cheddar Cheeseburger w/ Oven Baked Fries(100) Baby Carrots 2(180) Pear(180) Whole Fruit(154) 1% White Milk(54) Fat Free Chocolate Milk(126)	12 Cheese Lasagna w/ Tomato Basil Sauce & Dinner Roll(20) Beef Nachos w/ Tortilla Chips(140) Turkey Ham & Cheese Croissant w/ Baby Carrots HS(20) Baby Carrots(180) 100% Fruit Juice (180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	13 Build Your Own Turkey Tacos w/ Refried Beans & Tortillas(30) Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS(130) Mexican Chicken Salad w/ Tortilla Chips(20) Jicama & Bean Salad w/ Tajin Dressing(144) Banana(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	14 Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges HS(100) Baked Ziti w/ Meat Sauce & Dinner Roll(40) Buffalo Chicken Salad w/ Wheat Crackers (40) Baby Carrots(180) Orange(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	15 Mac & Cheese w/ Whole Grain Cookie(60) Beef, Bean & Cheese Burrito(120) Chicken Taco Salad w/ Nacho Chips(20) Kale & Green Apple Salad w/ Ranch(160) Apple(200) Whole Fruit (Pear)(160) 1% White Milk(60) Fat Free Chocolate Milk(140)
18 PD-DAY N SCHOOL	19 Turkey Chili w/ Original Popped Chips(20) Beef Nachos w/ Tortilla Chips(140) Turkey Ham & Cheese Croissant w/ Baby Carrots HS(20) Baby Carrots(180) 100% Fruit Juice (180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	20 Orange Chicken w/ Not-So-Fried Rice(30) Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS(130) Mexican Chicken Salad w/ Tortilla Chips(20) Sweet Edamame Salad(144) Banana(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	21 Spaghetti & Meatballs HS(60) Baked Ziti w/ Meat Sauce & Dinner Roll(100) Buffalo Chicken Salad w/ Wheat Crackers (20) Baby Carrots(180) Orange(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	22 Hamburger w/ BBQ Popped Chips (80) Beef, Bean & Cheese Burrito(100) Lettuce, Tomato, Pickle Kit(180) Apple(180) Whole Fruit (Pear)(144) 1% White Milk(54) Fat Free Chocolate Milk(126)
25 Beef Hot Dog on WG Bun w/ Oven Baked Fries(60) Cheeseburger w/ Oven Baked Fries(100) Italian Combo Sandwich w/ Side of Baked Fries(20) Baby Carrots 2(180) Pear(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	26 Chicken Tamale w/ Mixed Vegetables (80) Beef Nachos w/ Tortilla Chips(100) Baby Carrots(180) 100% Fruit Juice (180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	27 Chicken Alfredo Pasta w/ Steamed Broccoli & Holiday Cookie(40) Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS(120) Turkey & Cheese Sandwich on Hawaiian Roll w/ Baby Carrots HS(20) Tuscan White Bean Salad(144) Banana(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	28 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll(50) Baked Ziti w/ Meat Sauce & Dinner Roll(130) Baby Carrots(180) Orange(180) Whole Fruit(144) 1% White Milk(54) Fat Free Chocolate Milk(126)	29 Chicken Enchiladas w/ Red Sauce (20) Beef, Bean & Cheese Burrito(120) Chicken Taco Salad w/ Nacho Chips(40) Mixed Green Salad w/ Ranch(144) Apple(180) Whole Fruit (Pear)(144) 1% White Milk(54) Fat Free Chocolate Milk(126)



10/18/21
NO SCHOOL
PD-DAY

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.

