



Lake School Menu

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Labor Day No School</p>	<p>4</p> <p>Breakfast: <u>Oatmeal</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Chicken Fajitas, Gr. Salad, Refried Beans, Mixed Fruit, Milk</p>	<p>5</p> <p>Breakfast: <u>Bagel w/cream cheese</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Orange Chicken, Brown Rice, Gr. Salad, Broccoli, Mandarins, Roll, Milk</p>	<p>6</p> <p>Breakfast: <u>Banana Bread</u>, Or <u>Cereal</u>, Sausage, Fresh Fruit, Juice, Milk</p> <p>Lunch: Corn dog, Gr. Salad, Carrots, Pears, Milk</p>	<p>7</p> <p>Breakfast: <u>Muffin</u>, Or <u>Cereal</u>, Yogurt, Fresh Fruit, Juice, Milk</p> <p>Lunch: Hamburger, Mac. Salad, Carrots, Watermelon , Chips, Cookie, Milk</p>
<p>10</p> <p>Breakfast: <u>French Toast Sticks</u>, Or <u>Cereal</u>, St. Cheese, Fresh Fruit, Juice</p> <p>Lunch: Chicken Gravy, Mashed Potatoes, Gr. Salad, Peaches, Roll, Milk</p>	<p>11</p> <p>Breakfast: <u>Cinnamon Roll</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Pulled Pork Sand., Gr. Salad, Carrots, Pineapple, Milk</p>	<p>12</p> <p>Breakfast: <u>Yogurt Parfait</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Lasagna, Gr. Salad, Broccoli, Mixed Fruit, Roll, Milk</p>	<p>13</p> <p>Breakfast: <u>English Muffin Sandwich</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Chili Beans Gr. Salad, Corn, Pears, Corn Muffin, Milk</p>	<p>14</p> <p>Breakfast: <u>Breakfast Pizza</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Meatball Sub, Gr. Salad, Baby Carrots, Fruit, Milk</p>
<p>17</p> <p>Staff In-Service No School</p>	<p>18</p> <p>Breakfast: <u>Lemon Scone</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Baked Ham, Rice Pilaf, Gr. Salad, Carrots, Pineapple, Roll, Milk</p>	<p>19</p> <p>Breakfast: <u>Breakfast Bun</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Soft Taco Gr. Salad, Refried Beans, Mixed Fruit, Milk</p>	<p>20</p> <p>Breakfast: <u>Ham & Potato Casserole</u>, Or <u>Cereal</u>, Biscuit, Fresh Fruit, Juice, Milk</p> <p>Lunch: Chicken Alfredo, Gr. Salad, Gr. Beans, Peaches, Roll, Milk</p>	<p>21</p> <p>Breakfast: <u>Muffin</u>, Or <u>Cereal</u>, Yogurt, Fresh Fruit, Juice, Milk</p> <p>Lunch: Sloppy Joe, Gr. Salad, Baby Carrots, Fruit, Milk</p>
<p>24</p> <p>Breakfast: <u>Waffles</u>, Or <u>Cereal</u>, Sausage, Fresh Fruit, Juice</p> <p>Lunch: French Bread Pizza, Gr. Salad, Mixed Veg, Pineapple, Milk</p>	<p>25</p> <p>Breakfast: <u>Buttermilk Bar</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Spaghetti, Gr. Salad, Gr. Beans, Mixed Fruit, Breadstick , Milk</p>	<p>26</p> <p>Breakfast: <u>Yogurt Parfait</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Nachos, Gr. Salad, Refried Beans, Pears, Milk</p>	<p>27</p> <p>Breakfast: <u>Biscuits w/Gravy</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: BBQ Baked Chicken, Mashed Potatoes, Gr. Salad, Peaches, Roll, Milk</p>	<p>28</p> <p>Breakfast: <u>Breakfast Pizza</u>, Or <u>Cereal</u>, Fresh Fruit, Juice, Milk</p> <p>Lunch: Hot Dog, Gr. Salad, Oven Fries Baby Carrots, Fruit, Milk</p>

Breakfast price is \$2.00 - Lunch is \$2.75 x 18 days in September= \$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 when possible. ****