



Lake School Menu



October 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Fall Break									
9 Breakfast: Oatmeal, Or Cereal, St. Cheese, Fresh Fruit, Juice, Milk Lunch: Chicken Pasta, Gr. Salad, Carrots, Pears, Bread, Milk		10 Breakfast: Banana Bread, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Soft Taco, Gr. Salad, Refried Beans, Peaches, Milk		11 Breakfast: Bagel w/cream cheese, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Orange Chicken, Brown Rice, Gr. Salad, Broccoli, Mandarins , Milk		12 Breakfast: Cinnamon Roll, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Lasagna, Gr. Salad, Gr. Beans, Pineapple, Roll, Milk		13 Breakfast: Breakfast Pizza, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Pulled Pork Sandwich, Gr. Salad, Oven Fries ,Baby Carrots, Fruit, Milk	
16 Breakfast: Waffles, Or Cereal, St. Cheese, Fresh Fruit, Juice Milk Lunch: Chicken Fajitas, Gr. Salad, Refried Beans, Mixed Fruit, Milk		17 Breakfast: Breakfast Croissant, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Sloppy Joe, Gr. Salad, Carrots, Pears, Milk		18 Breakfast: Yogurt Parfait, Or Cereal, Fresh Fruit, Juice, Milk Lunch: French Bread Pizza Gr. Salad, Mixed Veg., Pineapple, Milk		19 Breakfast: Lemon Scone Or Cereal, Fresh Fruit, Juice, Milk Lunch: Pork Roast Gravy, Steamed Rice, Gr. Salad, Gr. Beans, Peaches, Roll, Milk		20 Breakfast: Muffin, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Hamburger, Gr. Salad,Oven Fries Baby Carrots, Fruit, Milk	
23 Breakfast: Oatmeal, Or Cereal, St. Cheese, Fresh Fruit, Juice, Milk Lunch: Cheese Pizza, Gr. Salad, Mixed Veg. Pineapple, Milk		24 Breakfast: Buttermilk Bar, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Spaghetti Gr. Salad, Gr. Beans, Mixed Fruit, Breadstick, Milk		25 Breakfast: Biscuits w/Gravy, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Turkey Gravy, Mashed Potatoes, Gr. Salad, Peaches, Roll, Milk		26 Breakfast: Pancakes, w/Sausage Or Cereal, Fresh Fruit, Juice, Milk Lunch: Taco Soup, Gr. Salad, Corn, Pears, Corn Muffin, Milk		27 Breakfast: Breakfast Pizza, Or Cereal, Fresh Fruit, Juice, Milk Lunch: Grilled Chicken Sandwich, Gr. Salad, Baby Carrots, Fruit Milk	
30 Breakfast: French Toast Sticks, Or Cereal, St. Cheese, Fresh Fruit, Juice Milk Lunch Chicken Alfredo, Gr. Salad, Broccoli, Peaches, Roll, Milk		31 Breakfast: Sausage Biscuit, Or Cereal, Fresh Fruit, Juice, Milk Lunch Corn Dog Gr. Salad, Carrots, Pineapple, Milk							

Breakfast price is \$1.50 - Lunch is \$2.75 x 17 days in October = \$72.25 Total!

Grab & Go Breakfast for \$1.50! (4th – 8th Grade)

UBR Cookie, Fruit, Milk	Muffin, Fruit, Milk	Graham Cracker, Yogurt, Fruit, Milk	Granola Bar, Cheese Stick, Fruit, Milk	Un crustable, Fruit, Milk
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**** Menu subject to change on any given day. Notice will be given if possible. ****