



Lake School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day No school</p>	<p>3</p> <p>Breakfast: <u>Oatmeal</u>, Or <u>Cereal</u>, St. Cheese</p> <p>Lunch: Chicken Alfredo Carrots, Peaches, Roll</p>	<p>4</p> <p>Breakfast: <u>Biscuits & Gravy</u>, Or <u>Cereal</u>,</p> <p>Lunch: Orange Chicken, Brown Rice, Broccoli, Mandarins, Roll</p>	<p>5</p> <p>Breakfast: <u>Buttermilk Bar</u>, Or <u>Cereal</u>,</p> <p>Lunch: Soft Taco, Refried Beans, Pears</p>	<p>6</p> <p>Breakfast: <u>Breakfast Pizza</u>, Or <u>Cereal</u></p> <p>Lunch: Hamburger, Mac. Salad, Carrots, Watermelon, Chips, Cookie, Milk</p>
<p>9</p> <p>Breakfast: <u>Pancakes</u>, Or <u>Cereal</u>, Sausage</p> <p>Lunch: Chicken Burrito Bowl Black Beans, Spanish Rice, Peaches</p>	<p>10</p> <p>Breakfast: <u>Cinnamon Roll</u>, Or <u>Cereal</u></p> <p>Lunch: Mac & Cheese, Gr. Beans, Pears, Roll</p>	<p>11</p> <p>Breakfast: <u>Yogurt Parfait</u>, Or <u>Cereal</u>,</p> <p>Lunch: Cheese Pizza, Mixed Veg., Pineapple</p>	<p>12</p> <p>Breakfast: <u>Breakfast Croissant</u>, Or <u>Cereal</u></p> <p>Lunch: Turkey Gravy, Mashed Potatoes, Mixed Fruit, Roll</p>	<p>13</p> <p>Breakfast: <u>Muffin</u>, Or <u>Cereal</u></p> <p>Lunch: Hot Dog, Oven Fries, Fruit</p>
<p>16</p> <p>Breakfast: <u>Waffle</u>, Or <u>Cereal</u></p> <p>Lunch: Chicken Fajita Refried beans, Pears</p>	<p>17</p> <p>Breakfast: <u>Lemon Scone</u>, Or <u>Cereal</u></p> <p>Lunch: Taco Pocket Corn, Peaches</p>	<p>18</p> <p>Breakfast: <u>Banana Bread</u>, Or <u>Cereal</u></p> <p>Lunch: Spaghetti, Broccoli, Pineapple, Bread Stick</p>	<p>19</p> <p>Breakfast: <u>Bagel w/Cr. Cheese</u>, Or <u>Cereal</u></p> <p>Lunch: BBQ Baked Chicken, Mashed Pot. w/Gravy, Mixed Fruit, Roll</p>	<p>20</p> <p>Breakfast: <u>Breakfast Pizza</u>, Or <u>Cereal</u></p> <p>Lunch: Ham Sand. Oven Fries, Fruit</p>
<p>23</p> <p>Breakfast: <u>French Toast Sticks</u>, Or <u>Cereal</u></p> <p>Lunch: Pulled Pork Sand. Carrots, Peaches</p>	<p>24</p> <p>Breakfast: <u>Breakfast Bun</u>, Or <u>Cereal</u></p> <p>Lunch: Nachos Corn, Pears</p>	<p>25</p> <p>Breakfast: <u>Yogurt Parfait</u>, Or <u>Cereal</u>,</p> <p>Lunch: Lasagna Mixed Veg., Pineapple, Roll</p>	<p>26</p> <p>Breakfast: <u>Saus. Biscuit Sand.</u>, Or <u>Cereal</u></p> <p>Lunch: Chicken Sand., Green Beans, Mixed Fruit</p>	<p>27</p> <p>Breakfast: <u>Muffin</u>, Or <u>Cereal</u></p> <p>Lunch: Corn Dog, Fruit</p>
30	1	2	3	4

Fall Break –No School



September Meals Cost

If your child eats breakfast (\$2.00) and lunch (\$2.75) every day during the month of September, the total cost will be \$90.25.

Eat The Rainbow!
Eating a variety of **colorful** foods adds much needed vitamins and minerals to help keep our bodies healthy!

Salad Bar offered daily at lunch!

Fruit/juice and assorted milk choices offered at Breakfast, Grab & Go, and Lunch!

Grab & Go Breakfast
4th -8th Grade Only!
Served daily at 10:15 a.m.
\$2.00