



Questions about Nutrition Services please call:

# October 2018

**Breakfast Lunch**

**LAHS**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <i>Mini Waffles Breakfast, PBJ, or Cereal, Apple Slices, Juice</i> <b>Grilled Cheese w/ Black Bean Soup</b>	<b>2</b> <i>Zee Zee Bar's, Breakfast Sandwich, or Cereal, Orange, Juice</i> <b>Oven Roasted Herb Chicken w/Rice</b>	<b>3</b> <i>Turkey Chorizo Breakfast Burrito, PBJ, or Cereal, Apple Slices, Juice</i> <b>Goulash w/Breadstick</b>	<b>4</b> <i>Frudel, Breakfast Sandwich, or Cereal, Orange, Juice</i> <b>Sliced Beef Mashed Potato Bowl</b>	<b>5</b> <i>Chef's Choice, Cereal, or PBJ, Apple Slices, Orange</i> <b>Hot Dog w/Wedge Fries</b>
<b>8</b> <i>Breakfast Pizza, PBJ, or Cereal, Apple Slices, Juice</i> <b>Mac &amp; Cheese w/Pretzel Rods</b>	<b>9</b> <i>Muffin Top, Breakfast Sandwich, or Cereal, Oranges, Juice</i> <b>Beef &amp; Jalapeno Taquitos w/Queso Blanco</b>	<b>10</b> <i>Yogurt Parfait, PBJ, or Cereal, Apple Slices, Juice</i> <b>Philly Cheesesteak Sandwich w/Wedge Fries</b>	<b>11</b> <i>Sausage-Pancake Stick, Breakfast Sandwich, or Cereal, Orange, Juice</i> <b>Pasta Bake w/Breadsticks</b>	<b>12</b> <b>NO SCHOOL</b>
<b>15</b> <b>NO SCHOOL</b>	<b>16</b> <b>Fall</b>	<b>17</b> <b>BREAK</b>	<b>18</b> <b>!!!</b>	<b>19</b> <b>NO SCHOOL</b>
<b>22</b> <i>Mini Waffles Breakfast, PBJ, or Cereal, Apples Slices, Juice</i> <b>Cheese Omelet, French Toast Sticks</b>	<b>23</b> <i>Zee Zee Bar's, Breakfast Sandwich, or Cereal, Orange, Juice</i> <b>BBQ Pork Sandwich w/Wedge Fries &amp; Coleslaw</b>	<b>24</b> <i>Breakfast Burrito, PBJ, or Cereal, Apple Slices, Juice</i> <b>Orange Chicken w/Fried Rice</b>	<b>25</b> <i>Frudel, Breakfast Sandwich, or Cereal, Orange, Juice</i> <b>Cowboy Mac &amp; Cheese w/Corn Chip</b>	<b>26</b> <i>Chef's Choice, Cereal, or PBJ, Apple Slices, Orange</i> <b>Cheesy Breadsticks w/Marinara</b>
<b>29</b> <i>Breakfast Pizza, PBJ, or Cereal, Apple Slices, Juice</i> <b>Traditional Cheese Enchiladas w/Rice &amp; Beans</b>	<b>30</b> <i>Zee Zee Bar's, Breakfast Sandwich, or Cereal, Orange, Juice</i> <b>Roasted Herb Chicken w/ Rice</b>	<b>31</b> <i>Breakfast Burrito, PBJ, or Cereal, Apple Slices, Juice</i> <b>Goulash w/Breadsticks</b>	<b>1-Nov</b> <i>Frudel, Breakfast Sandwich, or Cereal, Orange, Juice</i> <b>Sliced Beef Mashed Potato Bowl</b>	<b>2-Nov</b> <i>Chef's Choice, Cereal, or PBJ, Apple Slices, Orange</i> <b>Hot Dog w/Wedge Fries</b>
<b>Cheeseburger, Chicken Sandwich, Fries</b>	<b>Hamburger, Spicy Chicken Sandwich, Fries</b>	<b>Pork Ribbie Sandwich, Corn Dog, Wedge Fries</b>	<b>Hamburger, Spicy Chicken Sandwich, Fries</b>	<b>Cheeseburger, Chicken Sandwich, Fries</b>
<b>Cheese Pizza or BBQ Chicken Pizza, Marinara Sauce</b>	<b>Cheese Pizza or Meatball Pizza, Marinara Sauce</b>	<b>Cheese Pizza or Hawaiiin Pizza, Marinara Sauce</b>	<b>Cheese Pizza or Calzone, Marinara Sauce</b>	<b>Cheese Pizza or Grn Chile Carnitas Pizza, Marinara Sauce</b>



**Menu items subject to change based on availability.**

**This institution is an equal opportunity provider and employer.**

All enrolled students eat at no charge for the first serving of breakfast and lunch. \* 2nd Serving of Breakfast; \$1.50 \* 2nd Serving of Lunch \$2.50 \* Additional Milk \$0.60/Water \$0.50

Adult Meals

Breakfast \$2.50

Lunch \$3.75

Daily Offerings: 1% and non-fat white milk, non-fat chocolate milk, 8oz water & salad bar

**Seasonal offerings daily on the salad bar.**

\*Don't forget to take atleast 1/2 cup of fruit or vegetable with your lunch! \*