

OCTOBER 2019

Lake Country School

Monday

Tuesday

Wednesday

Thursday

Friday

A Soft Shell Taco
B Chicken Patty on Bun
Baby Carrots
Roasted Yellow Squash w/ Herbs
Pineapple
Rice Krispy Treat
1/2 pt. Milk

A Pizza Dippers w/ Marinara
B Orange Chicken w/ Rice
Fresh Vegetable w/ Dip
Corn
Dicd Pears
Romaine Salad
1/2 pt. Milk

A Fruit and Yogurt Parfait
B Breakfast Sausage
Pancakes
Orange Juice Cup
Baby Carrots
1/2 pt. Milk

A Chicken Noodle Soup w/ Salad Bar
B Hamburger on Bun
Romaine Salad
Fresh Vegetables
Banana
1/2 pt. Milk

A Pizza Hut Cheese Pizza
B Pasta w/ Sauce and Cheese
Salad w/ Vegetables
Warm Cinnamon Apples
Baby Carrots
Cookie
1/2 pt. Milk

A Soft Shell Taco
B Chicken Patty on Bun
Baby Carrots
Roasted Yellow Squash w/ Herbs
Pineapple
Rice Krispy Treat
1/2 pt. Milk

A Lasagna Casserole
B Chicken and Gravy w/ Mashed Potatoes
Garlic Toast
Blueberry Spinach Salad
Fresh Vegetable w/ Dip
Apple Slices
1/2 pt. Milk

A Egg Ham Cheese on a Bagel
B Very Berry Smoothie w/ Cheerios and A
Cheese Stick
Potato Patty
Baby Carrots
Grape Juice
1/2 pt. Milk

A Red Pepper Tomato Soup w/ Cheese
Sandwich
B Mini Corn Dogs
Mixed Green Salad
Fresh Vegetable
Slushie Frozen Fruit
1/2 pt. Milk

A Pizza Hut Pepperoni Pizza
B Hot Dog on a Bun
Caprese Salad
Baby Carrots
Applesauce Cup
Cookie
1/2 pt. Milk

A Chicken Nuggets
B Cheese Quesadilla
Diced Peaches
Baby Carrots
Roasted Squash w/ Sage
Fruit Snack
1/2 pt Milk

A Hot Dog on Bun
B Salisbury Steak w/ Mashed Potatoes
and Gravy
Strawberry Cup
Romaine Lettuce
Fresh Vegetables w/ Hummus
1/2 pt. Milk

A Cheese Omelet
B Pancake and Sausage on Stick
Pancakes
Baby Carrots
Potato Patty
Apple Juice
1/2 pt. Milk

A Potato Soup w/ Salad Bar
B Chicken Patty on Pretzel Bun
Banana
Fresh Vegetables
Spinach Salad
1/2 pt. Milk

A Pizza Hut Sausage Pizza
B Build a Burger
Greek Salad
Baby Carrots
Warm Cinnamon Apples
Cookie
1/2 pt. Milk

A Meatball Sub Sandwich
B Macaroni and Cheese
Apple Slices
Baby Carrots
Green Beans
Fudge Bar
1/2 pt. Milk

A Pizza Dippers w/ Sauce
B Chicken Tenders
Tropical Fruit Cup
Strawberry Spinach Salad
Fresh Vegetables w/ Dip
1/2 pt. Milk

A Baked Potato w/ Ham and Cheese
B Trix Yogurt and Cheese Stick
Muffin
Orange Juice
Baby Carrots
Baked Beans
1/2 pt. Milk

No Lunch

No Lunch

A Walking Taco w/ Doritos
B Mini Corn Dogs
Corn
Baby Carrots
Applesauce Cup
Fruit Roll Up
1/2 pt. Milk

A Pasta w/ Sauce and Cheese
B Chicken Nuggets
Green Beans
Applesauce Cup
Fresh Vegetable w/ Dip
1/2 pt. Milk

A Fruit and Yogurt Parfait
B Scrambled Eggs w/ Cheese
Muffin
Mixed Berry Cup
Baby Carrots
Peas
1/2 pt. Milk

A Creepy Salad Bar w/
Pumpkin Soup
B Haunted Hamburger
Spooky Salad
Vampire Veggies
Screaming Strawberry Cup
Cup of Dirt
1/2 pt. Milk