



# OCTOBER 2018 LFDCS MENU

Please visit our school website at [lfdc.org](http://lfdc.org) to view school food menus.

Menus subject to change without notice

Oct 1	Oct 2	Oct 3	Oct 4	Oct 5
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Chicken Patty on a WW bun, Lettuce, Tomato, Corn, Pineapple	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cinn Toast Crunch Bar, 100% Fruit Juice <b>Lunch:</b> WW Spaghetti & Meatballs, Celery Sticks & Dip, WW Roll, Applesauce	<b>Breakfast:</b> Scrambled Eggs with Sausage, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Tuna or Chicken salad Sandwich on WW bread, Broccoli, Peaches	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Goldfish, 100% Fruit Juice <b>Lunch:</b> Chili & Shredded Cheese, Corn Chips, Pepper Strips & Dip, Cantaloupe	<b>Breakfast:</b> Oatmeal w/Raisins, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Pizza, Garden Salad, Carrot Sticks, Strawberries
Oct 8	Oct 9	Oct 10	Oct 11	Oct 12
<h2>Holiday</h2>	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Baked Chicken, Rice Pilaf, Green Beans, Carrot Sticks, Applesauce	<b>Breakfast:</b> Scrambled Eggs with Hashbrowns, 100% Fruit Juice or Milk <b>Snack:</b> Animal Crackers <b>Lunch:</b> Grill Cheese Sandwich, Crinkle Fries, Corn & BB Salad, Fruit Cocktail	<b>Breakfast:</b> French Toast, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Grilled Chicken strips with Sauce and Cheese over Ziti, Pepper Strips & Dip, Peaches	<b>Breakfast:</b> Fresh Baked Muffin, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cereal Bar, 100% Fruit Juice <b>Lunch:</b> Pizza, Caesar Salad, Cucumber sticks, Oranges
Oct 15	Oct 16	Oct 17	Oct 18	Oct 19
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Chicken Fingers, Sweet Potato Fries, Celery Sticks, WW Dinner Roll, Mandarin	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cereal Bar, 100% Fruit Juice <b>Lunch:</b> Baked Mac & Cheese, Broccoli, Cran/Orange Salad, Pears	<b>Breakfast:</b> Scrambled Eggs with Bacon, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Hamburgers, WW Bun, Cheese, Potato Wedges, Carrot Sticks, Melon	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Teddy Grahams, 100% Fruit Juice <b>Lunch:</b> Tacos, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce	<b>Breakfast:</b> Cream of Wheat, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Pizza, Garden Salad, Carrot Sticks, Oranges
Oct 22	Oct 23	Oct 24	Oct 25	Oct 26
<b>Breakfast:</b> Bagel w/Cream Cheese, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cheese-Its, 100% Fruit Juice <b>Lunch:</b> Meatballs w/WW Bosco Sticks, Garden Salad, Fruit Cocktail	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Rice with Ham & Beans, Cheese Sticks, Celery Sticks, Green Beans, Applesauce	<b>Breakfast:</b> Scrambled Eggs with Sausage, 100% Fruit Juice or Milk <b>Snack:</b> Goldfish, 100% Fruit Juice <b>Lunch:</b> Chicken Patty on a WW bun, Lettuce, Tomato, Corn, Cantaloupe	<b>Breakfast:</b> French Toast, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Pastelón de Papas, Carrot Sticks, Pineapple	<b>Breakfast:</b> Oatmeal w/Raisins, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cereal Bar, 100% Fruit Juice <b>Lunch:</b> Pizza, Caesar Salad, Cucumber sticks, Oranges
Oct 29	Oct 30	Oct 31		
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Sliced Turkey & Cheese Sandwich on WW bread, With Lettuce, Tomato, Broccoli, Peaches	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cheese-Its, 100% Fruit Juice <b>Lunch:</b> Baked Chicken, WW Dinner Roll, Mashed Potato, Carrots, Mandarin	<b>Breakfast:</b> Scrambled Eggs with Hashbrowns, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> American Chop Suey, Celery Sticks & Dip, Fruit Cocktail		

\*\*\*Each Breakfast will offer Assorted Cereal, Assorted Fruit/Veg, 100% Fruit Juice along with the choice of FF Chocolate Milk/FF White Milk/1% Milk.