





LCS#1 Elementary Lunch Menu August/September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Fruit Cup! If your birthday is in August/September you can have a free 100% frozen fruit cup when you join us for lunch on the 19th. </p>	<p>Elementary Lunch Prices: Free Reduced – \$0.40 Paid – \$2.40 Adult/Visitor – \$4.00</p>	<p>Menu subject to change based on availability. Go to nutrition.laramie1.org for updates.</p> <p>P – Contains Pork</p> <p>✓ – Vegetarian Entrée</p>	<p>Turkey sandwiches on whole wheat bread are offered as an additional entrée most days.</p> <p>Each entrée comes with your choice of fruit, vegetables and milk.</p>	<p>Welcome Back!</p> <p>This institution is an equal opportunity provider.</p>
<p> SMART SPOON cafe</p>	<p>Breakfast for Lunch 29 Mini Pancakes ✓ French Toast Sticks ✓ ✓Yogurt & Sausage Sides: Hash Browns & Baby Carrots</p>	<p>Mini Corn Dogs 30 Homemade Bean & Cheese Burrito ✓ Side: Seasoned Green Beans</p>	<p>Cheese Pizza ✓ 31 Munchable with Goldfish Side: Fresh Veggie Patch</p>	<p>ASIAN FRIDAY 1 Mandarin Orange Chicken over Brown Rice Fruit, Yogurt & Cheese Plate ✓ Side: Fresh Veggie Patch</p>
<p>No School 4  HAPPY LABOR DAY</p>	<p>Steak Fingers with Dippin' Gravy and Cornbread 5 Homemade Bean & Cheese Burrito ✓ Side: Cheesy Broccoli</p>	<p>Super Nachos with Homemade Cheese Sauce 6 Munchable with Goldfish Sides: Refried Beans Shredded Lettuce Diced Tomatoes</p>	<p>✓ French Bread Boat with Marinara Sauce 7 Cheddar Baked Potato ✓ Side: Fresh Veggie Patch</p>	<p>FIESTA FRIDAY 8 Beef Soft Taco Fruit, Yogurt & Cheese Plate ✓ Sides: Mexicali Corn Shredded Lettuce Diced Tomatoes ☆☆Cookie☆☆ ✓</p>
<p>Chicken Nuggets 11 Homemade Bean & Cheese Burrito ✓ Side: Baked Beans & Baby Carrots</p>	<p>Meatballs and Gravy over Mashed Potatoes 12 Munchable with Goldfish Side: Fresh Veggie Patch</p>	<p>Breakfast for Lunch 13 Mini Pancakes ✓ French Toast Sticks ✓ ✓Yogurt & Sausage Sides: Hash Browns & Baby Carrots</p>	<p>Ham & Cheese Ripper 14 Cheddar Baked Potato ✓ Side: Fresh Veggie Patch</p>	<p>Italian Friday 15 ✓ Cheesy Lasagna with Garlic Bread Stick Fruit, Yogurt & Cheese Plate ✓ Side: Fresh Veggie Patch ☆☆Frozen Fruit Cup☆☆</p>
<p>NEW Roast Chicken Drumstick with Mashed Potatoes 18 Munchable with Goldfish Side: Steamed Corn & Baby Carrots</p>	<p>Mini Bagel Pizzas 19 Homemade Bean & Cheese Burrito ✓ Side: Fresh Veggie Patch </p>	<p>Homemade Chili with Cinnamon Roll 20 Sides: Fresh Veggie Patch</p>	<p>NEW Homemade Beef Tamale Pie 21 Chicken Tenders Sides: Fresh Veggie Patch Shredded Lettuce Diced Tomatoes</p>	<p>All-American Friday 22 Hamburger with Potato Smiles Fruit, Yogurt & Cheese Plate ✓ Side: Fresh Veggie Patch ☆☆Frozen Fruit Cup☆☆</p>
<p>Mini Corn Dogs 25 Homemade Bean & Cheese Burrito ✓ Side: Seasoned Green Beans</p>	<p>Homemade Macaroni & Cheese 26 Chicken Tenders Side: Fresh Veggie Patch</p>	<p>Breakfast for Lunch 27 Mini Pancakes ✓ French Toast Sticks ✓ ✓Yogurt & Sausage Sides: Hash Browns & Baby Carrots</p>	<p>Cheese Pizza ✓ 28 Munchable with Goldfish Side: Fresh Veggie Patch</p>	<p>ASIAN FRIDAY 29 Teriyaki Chicken over Brown Rice Fruit, Yogurt & Cheese Plate ✓ Side: Fresh Veggie Patch</p>

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Elementary School (ES) Breakfast Prices(except Universal Breakfast schools - see below):

Free, Reduced \$0.30, Paid \$1.25, Adult \$2.00

In addition to the regular menu below, students will have other entrée choices such as: Ultimate Breakfast Round, Mini Breakfast Bar, Bagel, Cold Cereal, Granola, Toast, & Yogurt. Breakfast is served with your choice of fruit, juice, and milk.

All breakfast entrées are vegetarian, except Pancake on Stick.



Universal Breakfast (UB) Elementary Schools – Afflerbach, Arp, Cole, Hebard & Rossman.

All Universal Breakfast schools provide free breakfast to all students (funded by the USDA).

Ultimate Breakfast Round is an additional entrée choice each day.

Breakfast is served with your choice of fruit, juice, and milk.

P – Contains Pork

	29	30	Build Your Own! 31	1
	ES: Pancake on Stick – P UB: Bagel with Cream Cheese	ES & UB: Fruit Frudel	ES: Oatmeal Bar with Fruit Toppings UB: Chocolate Chip Benefit Bar	ES & UB: Mini Blueberry Waffles
	5	6	Build Your Own! 7	8
	ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese	ES & UB: Pumpkin Bread	ES: Yogurt Parfait Bar with Fruit Toppings UB: Yogurt and Granola	ES & UB: Mini Maple Waffles
11	12	13	Build Your Own! 14	15
ES & UB: Blueberry Muffin	ES: Pancake on Stick – P UB: Bagel with Cream Cheese	ES & UB: Fruit Frudel	ES: Oatmeal Bar with Fruit Toppings UB: Chocolate Chip Benefit Bar	ES & UB: Mini Blueberry Waffles
18	19	20	Build Your Own! 21	22
ES & UB: Chocolate Chip Muffin	ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese	ES & UB: Strawberry Bagelful	ES: Yogurt Parfait Bar with Fruit Toppings UB: Yogurt and Granola	ES & UB: Mini Maple Waffles
25	26	27	Build Your Own! 28	29
ES & UB: Apple Cinnamon Muffin	ES: Pancake on Stick – P UB: Bagel with Cream Cheese	ES & UB: Fruit Frudel	ES: Oatmeal Bar with Fruit Toppings UB: Chocolate Chip Benefit Bar	ES & UB: Mini Blueberry Waffles

Student Meal Accounts Online

You can easily manage your student's meal account at www.myschoolbucks.com

Free online services include

-Set up email alerts for low balances

-View your student's purchases
 Only \$1.95 Credit Card Fee to add money to your student's account online. Checks and cash accepted at your student's school at no extra charge.

Free and Reduced Applications

are accepted all school year. It's quick and easy!

Go to

www.myschoolapps.com

Call 771-2440 for paper applications and any questions.

This institution is an equal opportunity provider.

Looking For a Job?

We hire throughout the year!

Check out www.laramie1.org

For employment opportunities!

Muffin Mondays!

Join us for breakfast every Muffin Monday to try all four delicious flavors!

Banana, Blueberry, Chocolate Chip, and Apple Cinnamon – Yum!

take time for
**school
 BREAKFAST**

