





LCS#1 Elementary Lunch Menu October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Fruit Cup! If your birthday is in October you can have a free 100% frozen fruit cup when you join us for lunch on the 24th. </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 ✓ – Vegetarian Entrée</p>	<p>Turkey sandwiches on whole wheat bread are offered as an additional entrée most days. Each entrée comes with your choice of fruit, vegetables and milk.</p>	<p>ATTENTION PARENTS! Buy your student a lunch October 10-13 and get a lunch for yourself for only 3 Bucks!</p>
<p>Steak Fingers with Dippin' Gravy and Cornbread 2 Homemade ✓ Bean & Cheese Burrito Side: Cheesy Broccoli</p>	<p>Upside Down Turkey Pot Pie 3 Chicken Tenders Side: Fresh Veggie Patch</p>	<p>Super Nachos with Homemade Cheese Sauce 4 Munchable with Goldfish Sides: Refried Beans Shredded Lettuce Diced Tomatoes</p>	<p>✓ French Bread Boat with Marinara Sauce 5 Cheddar Baked Potato ✓ Side: Fresh Veggie Patch</p>	<p>Fiesta Friday 6 Beef Burrito Bowl ✓ Fruit, Yogurt & Cheese Plate Sides: Mexicali Corn Shredded Lettuce & Diced Tomatoes ☆☆Frozen Fruit Cup☆☆</p>

Celebrate National School Lunch Week October 10-13!

3 Buck Lunch for Parents!

<p>No School 9</p> <p>Remember to fill out a Free/Reduced Meal Application by October 11th! www.myschoolapps.com</p>	<p>Chicken Nuggets 10 Homemade ✓ Bean & Cheese Burrito Side: Baked Beans & Baby Carrots</p>	<p>Breakfast for Lunch 11 Mini Pancakes ✓ French Toast Sticks ✓ Yogurt & Sausage ✓ Sides: Hash Browns & Baby Carrots</p>	<p>Ham & Cheese Ripper 12 ✓ Cheddar Baked Potato Side: Fresh Veggie Patch</p>	<p>Italian Friday 13 Chicken Alfredo with Garlic Bread Stick ✓ Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch ☆☆Frozen Fruit Cup☆☆</p>
<p>Roast Chicken Drumstick with Mashed Potatoes 16 Munchable with Goldfish Side: Steamed Corn & Baby Carrots</p>	<p>Mini Bagel Pizzas 17 Homemade ✓ Bean & Cheese Burrito Side: Fresh Veggie Patch</p>	<p>Homemade Chili with Cinnamon Roll 18 Sides: Fresh Veggie Patch</p>	<p>Homemade Beef Tamale Pie 19 Chicken Tenders Sides: Fresh Veggie Patch Shredded Lettuce Diced Tomatoes</p>	<p>All-American Friday 20 Chicken Patty Sandwich with Potato Smiles Fruit, Yogurt & Cheese Plate ✓ Side: Fresh Veggie Patch ☆☆Frozen Fruit Cup☆☆</p>
<p>Mini Corn Dogs 23 Homemade ✓ Bean & Cheese Burrito Side: Seasoned Green Beans</p>	<p>Homemade Macaroni & Cheese 24 Chicken Tenders  Side: Fresh Veggie Patch</p>	<p>Breakfast for Lunch 25 Mini Pancakes ✓ French Toast Sticks ✓ Yogurt & Sausage ✓ Sides: Hash Browns & Baby Carrots</p>	<p>✓ Cheese Pizza 26 Munchable with Goldfish Side: Fresh Veggie Patch</p>	<p>ASIAN FRIDAY 27 Mandarin Orange Chicken over Brown Rice ✓ Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch</p>
<p>Steak Fingers with Dippin' Gravy and Cornbread 30 Homemade ✓ Bean & Cheese Burrito Side: Cheesy Broccoli</p>	<p>Upside Down Turkey Pot Pie 31 Chicken Tenders Side: Fresh Veggie Patch</p>	<p> SMART SPOON cafe</p>	<p> This institution is an equal opportunity provider.</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

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, & 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

2 ES & UB: Banana Muffin	3 ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese	4 ES & UB: Pumpkin Bread	5 Build Your Own! ES: Yogurt Parfait Bar with Fruit Toppings UB: Yogurt and Granola	6 ES & UB: Mini Maple Waffles
9 No School	10 ES: Pancake on Stick – P UB: Bagel with Cream Cheese	11 ES & UB: Fruit Frudel	12 Build Your Own! ES: Oatmeal Bar with Fruit Toppings UB: Chocolate Chip Benefit Bar	13 ES & UB: Mini Blueberry Waffles
16 ES & UB: Chocolate Chip Muffin	17 ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese	18 ES & UB: Strawberry Bagelful	19 Build Your Own! ES: Yogurt Parfait Bar with Fruit Toppings UB: Yogurt and Granola	20 ES & UB: Mini Maple Waffles
23 ES & UB: Apple Cinnamon Muffin	24 ES: Pancake on Stick – P UB: Bagel with Cream Cheese	25 ES & UB: Fruit Frudel	26 Build Your Own! ES: Oatmeal Bar with Fruit Toppings UB: Chocolate Chip Benefit Bar	27 ES & UB: Mini Blueberry Waffles
30 ES & UB: Banana Muffin	31 ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese			

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

