


LCSD#1

Secondary Lunch Menu October 2017








Join us for lunch on your birthday and get a free 100% frozen fruit cup!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Steak 2 Fingers with Dippin' Gravy and Cornbread Side: Cheesy Broccoli	Upside Down 3 Turkey Pot Pie Side: Fresh Veggie Patch	 Super Nachos 4 Sides: Refried Beans Shredded Lettuce Diced Tomatoes	Meatball Sub with 5 Potato Wedges Side: Fresh Veggie Patch	SUPER BURRITOS 6 Build Your Own! Side: Mexicali Corn ☆Frozen Fruit Cup☆☆ <i>Customize your Lunch!</i>

Celebrate National School Lunch Week October 10-13!

3 Buck Lunch for Parents!

 No School 9 Remember to fill out a Free/Reduced Meal Application by October 11 th ! www.myschoolapps.com	10 Chicken Tenders: Original -or- Spicy Sides: Baked Beans & Baby Carrots	 Breakfast for Lunch 11 Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	12 Cook's Choice See Your Cafe for Today's Selection Side: Fresh Veggie Patch	<i>Italian Pasta Bar</i> 13 Build Your Own! Side: Fresh Veggie Patch ☆☆Frozen Fruit Cup☆☆ <i>Customize your Lunch!</i>
 Roast Chicken 16 Drumsticks with Mashed Potatoes Sides: Steamed Corn & Baby Carrots ☆☆Frozen Fudge Bar☆☆	 17 Traditional Fish and Chips with Malt Vinegar and Tartar Sauce Side: Fresh Veggie Patch	 18 Homemade Chili and Cinnamon Roll Side: Fresh Veggie Patch	19 Homemade Beef Tamale Pie with Fresh Toppings Side: Fresh Veggie Patch	Burger Baskets 20 with Fresh Toppings Build Your Own! Side: Fresh Veggie Patch ☆☆Frozen Fruit Cup☆☆ <i>Customize your Lunch!</i>
23 Mini Corn Dogs Sides: Seasoned Green Beans ☆☆Cookie☆☆	 24 Homemade Macaroni & Cheese Side: Fresh Veggie Patch	 25 Breakfast for Lunch Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	26 Chicken Enchiladas with Fresh Toppings Side: Fresh Veggie Patch	27 ASIAN BOWLS Build Your Own! Side: Fresh Veggie Patch <i>Customize your Lunch!</i> ☆☆Banana Bread☆☆
30 Steak Fingers with Dippin' Gravy and Cornbread Side: Cheesy Broccoli	31 Upside Down Turkey Pot Pie Side: Fresh Veggie Patch	 - Vegetarian  - Spicy P - Contains Pork	Menu subject to change based on availability. This institution is an equal opportunity provider.	 SMART SPOON cafe

In addition to the main entrée line, each Secondary School has several other entrée options customized for the students at their school.

(Not all choices are available every day. See your cafe for the daily menu.)

Hot Sandwiches:

Chicken Patty,
Spicy Chicken Patty,
All Beef Cheeseburger

Lighter Options:

Cheddar Baked Potato
Assorted Salads
Salad Shakers
Deli Sandwiches
Wraps


Pizza Slice:

Cheese
or Pepperoni daily.

All meals include your choice of fruit, vegetables and milk.
A la carte options are sold separately.

Breakfast Menu

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks 	Biscuits & Gravy-P	Breakfast Burrito-P	Pancakes & Sausage	Breakfast Burrito-P

Secondary Breakfast Prices: - Free, Reduced: \$0.30, Paid: \$1.50, Adult: \$2.00

In addition to the regular menu above, students will have other entrée choices such as Breakfast Sandwiches, Pancake on a Stick - P, Smoothies, Ultimate Breakfast Round, Breakfast Bar, Yogurt Parfait with Granola, Bagel & Cream Cheese, and a variety of whole grain cold cereal. Each meal also comes with your choice of fruit, juice, and milk.
(P-Contains Pork)



Secondary Lunch Prices

Free

Reduced: \$0.40

Paid: \$2.60

Adults/Visitors: \$4.00

This institution is an equal opportunity provider.

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