





# LCSD#1 Elementary Lunch Menu August/September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Fruit Snacks!</p> <p>If your birthday is in August/September you can have a free package of fruit snacks when you join us for lunch on the 11<sup>th</sup>.</p> 	<p><b>Elementary Lunch Prices:</b> Free Reduced – \$0.40 Paid – \$2.40 Adult/Visitor – \$4.00</p>	<p>Menu subject to change based on availability. Go to <a href="http://nutrition.laramie1.org">nutrition.laramie1.org</a> for updates.</p> <p>P – Contains Pork ✓ – Vegetarian Entrée</p>	<p><b>Turkey sandwiches on whole wheat bread are offered as an additional entrée most days.</b></p> <p><b>Each entrée comes with your choice of fruit, vegetables and milk.</b></p>	
<p>This institution is an equal opportunity provider.</p>	<p><b>Breakfast for Lunch</b> 28 ✓ Mini Pancakes ✓ French Toast Sticks Sausage - P <b>Sides:</b> Hash Browns &amp; Baby Carrots</p>	<p><b>Mini Corn Dogs</b> 29 ✓ Bean &amp; Cheese Burrito <b>Sides:</b> Seasoned Green Beans</p>	<p><b>Rippers</b> 30 ✓ <b>Cheese or Pepperoni</b> Munchable with Goldfish <b>Side:</b> Fresh Veggie Patch</p>	<p>✓ <b>Cheesy Lasagna with Garlic Bread Stick</b> 31 Fruit, Yogurt &amp; Cheese Plate <b>Side:</b> Fresh Veggie Patch ☆☆Cookie☆☆</p>
<p><b>No School</b> 3</p> 	<p><b>Chicken Nuggets</b> 4 ✓ Bean &amp; Cheese Burrito <b>Sides:</b> Steamed Corn &amp; Baby Carrots</p>	<p><b>Super Nachos with Homemade Cheese Sauce</b> 5 Munchable with Goldfish <b>Sides:</b> Refried Beans Shredded Lettuce Diced Tomatoes</p>	<p>✓ <b>Cheese Pizza</b> 6 ✓ Cheddar Baked Potato <b>Sides:</b> Fresh Veggie Patch</p>	<p><b>Chicken Sandwich with Potato Smiles</b> 7 ✓ Fruit, Yogurt &amp; Cheese Plate <b>Sides:</b> Baby Carrots Shredded Lettuce &amp; Sliced Tomatoes ☆☆Frozen Strawberry Cup☆☆</p>
<p><b>BBQ</b> 10 <b>Chicken Drumstick</b> ✓ Bean &amp; Cheese Burrito <b>Sides:</b> Baked Beans &amp; Baby Carrots</p>	<p><b>Turkey Gravy over Mashed Potatoes</b> 11 Chicken Tenders <b>Sides:</b> Fresh Veggie Patch</p> 	<p><b>Breakfast for Lunch</b> 12 ✓ Mini Pancakes ✓ French Toast Sticks Sausage - P <b>Sides:</b> Hash Browns &amp; Baby Carrots</p>	<p>✓ <b>Cheese Dunkers with Marinara Sauce</b> 13 ✓ Cheddar Baked Potato <b>Side:</b> Fresh Veggie Patch</p>	<p><b>Beef Soft Taco</b> 14 ✓ Fruit, Yogurt &amp; Cheese Plate <b>Side:</b> Mexicali Corn Shredded Lettuce &amp; Diced Tomatoes ☆☆Frozen Fruit Cup☆☆</p>
<p><b>Mini Corn Dogs</b> 17 ✓ Bean &amp; Cheese Burrito <b>Side:</b> Cheesy Broccoli</p>	<p>✓ <b>French Bread Boat with Marinara Sauce</b> 18 Munchable with Goldfish <b>Side:</b> Fresh Veggie Patch</p>	<p><b>Homemade Chili and Cinnamon Roll</b> 19 <b>Side:</b> Fresh Veggie Patch</p>	<p><b>Rotini Pasta with Meatballs and Marinara</b> 20 Chicken Tenders <b>Side:</b> Fresh Veggie Patch</p>	<p><b>Sweet &amp; Sour Chicken over Brown Rice</b> 21 ✓ Fruit, Yogurt &amp; Cheese Plate <b>Side:</b> Fresh Veggie Patch</p>
<p><b>Chicken Drumstick with Mashed Potatoes</b> 24 ✓ Bean &amp; Cheese Burrito <b>Side:</b> Baby Carrots</p>	<p><b>Beef Stroganoff over Brown Rice</b> 25 Chicken Tenders <b>Side:</b> Veggie Patch</p>	<p><b>Breakfast for Lunch</b> 26 ✓ Mini Pancakes ✓ French Toast Sticks Sausage - P <b>Sides:</b> Hash Browns &amp; Baby Carrots</p>	<p><b>Rippers</b> 27 ✓ <b>Cheese or Pepperoni</b> <b>Side:</b> Fresh Veggie Patch</p>	<p><b>Chicken Alfredo with Garlic Bread Stick</b> 28 ✓ Fruit, Yogurt &amp; Cheese Plate <b>Side:</b> Fresh Veggie Patch ☆☆Cookie☆☆</p>

# Breakfast Menu

# August/September 2018

**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 and Breakfast Sliders.



## Universal Breakfast (UB) Elementary Schools – Afflerbach, Alta Vista, 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

	<p><b>28</b> <b>ES:</b> Pancake on Stick – P <b>UB:</b> Blueberry Bagel with Cream Cheese</p>	<p><b>29</b> <b>ES &amp; UB:</b> Fruit Frudel</p>	<p><b>Build Your Own! 30</b> <b>ES:</b> Oatmeal Bar with Fruit Toppings <b>UB:</b> Chocolate Chip Benefit Bar</p>	<p><b>31</b> <b>ES &amp; UB:</b> Mini Blueberry Waffles</p>
<p><b>No School 3</b> </p>	<p><b>4</b> <b>ES &amp; UB:</b> Chocolate Filled Crescent Roll</p>	<p><b>5</b> <b>ES &amp; UB:</b> Pumpkin Bread</p>	<p><b>Build Your Own! 6</b> <b>ES:</b> Yogurt Parfait Bar with Fruit Toppings <b>UB:</b> Yogurt and Granola</p>	<p><b>7</b> <b>ES &amp; UB:</b> Mini Maple Waffles</p>
<p><b>10</b> <b>ES &amp; UB:</b> Blueberry Muffin</p>	<p><b>11</b> <b>ES:</b> Pancake on Stick – P <b>UB:</b> Bagel with Cream Cheese</p>	<p><b>12</b> <b>ES &amp; UB:</b> Fruit Frudel</p>	<p><b>Build Your Own! 13</b> <b>ES:</b> Oatmeal Bar with Fruit Toppings <b>UB:</b> Chocolate Chip Benefit Bar</p>	<p><b>14</b> <b>ES &amp; UB:</b> Mini Blueberry Waffles</p>
<p><b>17</b> <b>ES &amp; UB:</b> Chocolate Chip Muffin</p>	<p><b>18</b> <b>ES &amp; UB:</b> Mini Cinnamon Rolls (Mini Cinnis)</p>	<p><b>19</b> <b>ES &amp; UB:</b> Strawberry Bagelful</p>	<p><b>Build Your Own! 20</b> <b>ES:</b> Yogurt Parfait Bar with Fruit Toppings <b>UB:</b> Yogurt and Granola</p>	<p><b>21</b> <b>ES &amp; UB:</b> Mini Maple Waffles</p>
<p><b>24</b> <b>ES &amp; UB:</b> Apple Cinnamon Muffin</p>	<p><b>25</b> <b>ES:</b> Pancake on Stick – P <b>UB:</b> Blueberry Bagel with Cream Cheese</p>	<p><b>26</b> <b>ES &amp; UB:</b> Fruit Frudel</p>	<p><b>Build Your Own! 27</b> <b>ES:</b> Oatmeal Bar with Fruit Toppings <b>UB:</b> Chocolate Chip Benefit Bar</p>	<p><b>28</b> <b>ES &amp; UB:</b> Mini Blueberry Waffles</p>

### Student Meal Accounts Online

You can easily manage your student's meal account at [www.myschoolbucks.com](http://www.myschoolbucks.com)

Free online services include

-Set up email alerts for low balances

-View your student's purchases Only \$2.49 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](http://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](http://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!