


LCSD#1 Elementary (Afflerbach, Alta Vista, Arp, Cole and Rossman) Supper Menu October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Suppers are FREE for all students participating in the ASK Program at Afflerbach, Alta Vista, Arp, Cole, & Rossman Elementary Schools!	Menu subject to change based on availability. This institution is an equal opportunity provider.	*Sun Wise Sandwich Made With Sunflower Seed Butter All menu items are served cold.		
Breakfast Basket 1 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk	Cheese Pizza Ripper 2 Broccoli Bites and Celery Sticks Fruit Milk	Deli Sandwich 3 On Hoagie Roll Cucumber Slices Fruit Milk	Sun Wise Sandwich* 4 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit Milk	Munchable 5 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk
No School 8	Breakfast Basket 9 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk	Deli Sandwich 10 On Hoagie Roll Cucumber Slices Fruit Milk	Sun Wise Sandwich* 11 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit Milk	Munchable 12 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk
Breakfast Basket 15 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk	Cheese Pizza Ripper 16 Broccoli Bites and Celery Sticks Fruit Milk	Deli Sandwich 17 On Hoagie Roll Cucumber Slices Fruit Milk	Sun Wise Sandwich* 18 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit Milk	Munchable 19 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk
Breakfast Basket 22 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk	Cheese Pizza Ripper 23 Broccoli Bites and Celery Sticks Fruit Milk	Deli Sandwich 24 On Hoagie Roll Cucumber Slices Fruit Milk	Sun Wise Sandwich* 25 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit Milk	Munchable 26 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk
Breakfast Basket 29 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk	Cheese Pizza Ripper 30 Broccoli Bites and Celery Sticks Fruit Milk	Deli Sandwich 31 On Hoagie Roll Cucumber Slices Fruit Milk	