



# LCSD#1 Elementary Lunch Menu October 2018

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <p>Happy Birthday<br/>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 23<sup>rd</sup>.</p>     | <p><b>Elementary Lunch Prices:</b></p> <p>Free<br/>Reduced – \$0.40<br/>Paid – \$2.40<br/>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<br/>✓ – 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><b>Chicken Nuggets</b> 1</p> <p>✓ Bean &amp; Cheese Burrito<br/><b>Side:</b> Seasoned Green Beans</p>  | <p><b>Oven Fried Chicken with Cornbread</b> 2</p> <p>✓ Cheddar Baked Potato<br/><b>Side:</b> Coleslaw</p>            | <p><b>Super Nachos with Homemade Cheese Sauce</b> 3</p> <p>Munchable with Goldfish<br/><b>Sides:</b> Refried Beans<br/>Shredded Lettuce<br/>Diced Tomatoes</p>                                | <p>✓ <b>Cheese Pizza</b> 4</p> <p>✓ Cheddar Baked Potato<br/><b>Sides:</b> Fresh Veggie Patch</p>   | <p><b>Hamburger with Potato Smiles</b> 5</p> <p>✓ Fruit, Yogurt &amp; Cheese Plate<br/><b>Sides:</b> Baby Carrots<br/>Shredded Lettuce &amp; Sliced Tomatoes<br/>☆☆Cookie☆☆</p> |
| <p><b>No School K-12</b> 8</p> <p>Remember to fill out a Free/Reduced Meal Application by October 10<sup>th</sup>!<br/><a href="http://www.myschoolapps.com">www.myschoolapps.com</a></p> | <p><b>Mini Corn Dogs</b> 9</p> <p>✓ Bean &amp; Cheese Burrito<br/><b>Side:</b> Cheesy Broccoli</p>                   | <p><b>Breakfast for Lunch</b> 10</p> <p>✓ Mini Pancakes<br/>✓ French Toast Sticks<br/>Sausage - P<br/><b>Sides:</b> Hash Browns &amp; Baby Carrots</p>  | <p>✓ <b>Cheese Dunkers with Marinara Sauce</b> 11</p> <p>✓ Cheddar Baked Potato<br/><b>Side:</b> Fresh Veggie Patch</p>   | <p><b>Beef Burrito Bowl</b> 12</p> <p>✓ Fruit, Yogurt &amp; Cheese Plate<br/><b>Side:</b> Mexicali Corn<br/>Shredded Lettuce &amp; Diced Tomatoes</p>                           |

## Celebrate National School Lunch Week October 15-19!

## 3 Buck Lunch for Parents!

|  |   |  |   |   |
|--|---|--|---|---|
| <p><b>BBQ Chicken Drumstick</b> 15</p> <p>✓ Bean &amp; Cheese Burrito<br/><b>Sides:</b> Baked Beans &amp; Baby Carrots</p> | <p>✓ <b>French Bread Boat with Marinara Sauce</b> 16</p> <p>Munchable with Goldfish<br/><b>Side:</b> Fresh Veggie Patch</p>                       | <p><b>Homemade Chili and Cinnamon Roll</b> 17</p> <p><b>Side:</b> Fresh Veggie Patch</p>   | <p>✓ <b>Grilled Cheese with Tomato Soup</b> 18</p> <p>Chicken Tenders<br/><b>Side:</b> Fresh Veggie Patch</p> | <p><b>Mandarin Orange Chicken over Brown Rice</b> 19</p> <p>✓ Fruit, Yogurt &amp; Cheese Plate<br/><b>Side:</b> Fresh Veggie Patch</p>                                |
| <p><b>Chicken Drumstick with Mashed Potatoes</b> 22</p> <p>✓ Bean &amp; Cheese Burrito<br/><b>Side:</b> Baby Carrots</p>   | <p><b>Beef Stroganoff over Brown Rice</b> 23</p> <p>Chicken Tenders<br/><b>Side:</b> Veggie Patch</p>   | <p><b>Breakfast for Lunch</b> 24</p> <p>✓ Mini Pancakes<br/>✓ French Toast Sticks<br/>Sausage - P<br/><b>Sides:</b> Hash Browns &amp; Baby Carrots</p> | <p><b>Rippers Cheese or Pepperoni</b> 25</p> <p><b>Side:</b> Fresh Veggie Patch</p>                           | <p>✓ <b>Cheesy Lasagna with Garlic Bread Stick</b> 26</p> <p>✓ Fruit, Yogurt &amp; Cheese Plate<br/><b>Side:</b> Fresh Veggie Patch<br/>☆☆Frozen Strawberry Cup☆☆</p> |
| <p><b>Chicken Nuggets</b> 29</p> <p>✓ Bean &amp; Cheese Burrito<br/><b>Side:</b> Seasoned Green Beans</p>                  | <p><b>Meatballs with Brown Gravy over Mashed Potatoes</b> 30</p> <p>✓ Cheddar Baked Potato<br/><b>Side:</b> Fresh Veggie Patch<br/>☆☆Cookie☆☆</p> | <p>✓ <b>Personal Pan Cheese Pizza</b> 31</p> <p><b>Sides:</b> Baby Carrots &amp; Tomato Bites</p> <p>Early Release K-6</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 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



**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!

|  |   |  |   |   |
|--|---|--|---|---|
| 1<br><b>ES &amp; UB:</b><br>Banana Muffin          | 2<br><b>ES &amp; UB:</b><br>Chocolate Filled Crescent Roll                            | 3<br><b>ES &amp; UB:</b><br>Pumpkin Bread                            | 4<br><b>ES:</b> Blueberry Biscuit<br><b>UB:</b> Yogurt and Granola  | 5<br><b>ES &amp; UB:</b><br>Mini Maple Waffles      |
| 8<br><b>No School K-12</b>                         | 9<br><b>ES:</b> Pancake on Stick – P<br><b>UB:</b> Bagel with Cream Cheese            | 10<br><b>ES &amp; UB:</b><br>Fruit Frudel                            | 11<br><b>Build Your Own!</b><br><b>ES:</b> Oatmeal Bar with Fruit Toppings<br><b>UB:</b> Chocolate Chip Benefit Bar | 12<br><b>ES &amp; UB:</b><br>Mini Blueberry Waffles |
| 15<br><b>ES &amp; UB:</b><br>Chocolate Chip Muffin | 16<br><b>ES &amp; UB:</b><br>Mini Cinnamon Rolls (Mini Cinnis)                        | 17<br><b>ES:</b> Blueberry Biscuit<br><b>UB:</b> Strawberry Bagelful | 18<br><b>Build Your Own!</b><br><b>ES:</b> Yogurt Parfait Bar with Fruit Toppings<br><b>UB:</b> Yogurt and Granola  | 19<br><b>ES &amp; UB:</b><br>Mini Maple Waffles     |
| 22<br><b>ES &amp; UB:</b><br>Apple Cinnamon Muffin | 23<br><b>ES:</b> Pancake on Stick – P<br><b>UB:</b> Blueberry Bagel with Cream Cheese | 24<br><b>ES &amp; UB:</b><br>Fruit Frudel                            | 25<br><b>Build Your Own!</b><br><b>ES:</b> Oatmeal Bar with Fruit Toppings<br><b>UB:</b> Chocolate Chip Benefit Bar | 26<br><b>ES &amp; UB:</b><br>Mini Blueberry Waffles |
| 29<br><b>ES &amp; UB:</b><br>Banana Muffin         | 30<br><b>ES &amp; UB:</b><br>Chocolate Filled Crescent Roll                           | 31<br><b>ES &amp; UB:</b><br>Pumpkin Bread                           |   |   |

**Muffin Mondays!**

Join us for breakfast every Muffin Monday to try all four delicious flavors!  
Banana, Blueberry, Chocolate Chip, and Apple Cinnamon – Yum!

