



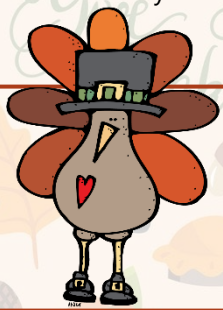


LCSD#1 Elementary Lunch Menu November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday  Fruit Snacks! If your birthday is in November you can have a free package of fruit snacks when you join us for lunch on the 27th.</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>1 No School – ES Only</p> 	<p>2 No School K-12</p>
<p>BBQ Chicken Drumstick 5 ✓ Bean & Cheese Burrito Side: Seasoned Green Beans</p>	<p>✓ Cheese Dunkers 6 with Marinara Sauce ✓ Cheddar Baked Potato Side: Fresh Veggie Patch</p>	<p>Super Nachos with Homemade Cheese Sauce 7 Chicken Tenders Sides: Refried Beans Shredded Lettuce Diced Tomatoes</p>	<p>Oven Fried Chicken 8 with Cornbread Munchable with Goldfish Side: Coleslaw</p>	<p>Beef Soft Taco 9 ✓ Fruit, Yogurt & Cheese Plate Side: Mexicali Corn Shredded Lettuce & Diced Tomatoes ☆☆Cookie☆☆</p>
<p>✓ Personal Pan Cheese Pizza 12 Side: Baby Carrots Early Release K-12</p>	<p>Breakfast for Lunch 13 ✓ Mini Pancakes ✓ French Toast Sticks Sausage - P Sides: Hash Browns & Baby Carrots</p>	<p> Turkey Gravy with Mashed Potatoes 14 <i>Sides: Veggie Patch, Dinner Roll, & Cranberry Sauce</i> ☆☆Pumpkin Crunch☆☆</p>	<p>Hamburger with Potato Smiles 15 ✓ Cheddar Baked Potato Side: Baked Beans Shredded Lettuce & Sliced Tomatoes</p>	<p>Chicken Alfredo with Garlic Bread Stick 16 ✓ Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch</p>
<p>Chicken Nuggets 19 ✓ Bean & Cheese Burrito Side: Steamed Corn</p>	<p>Rippers 20 ✓ Cheese or Pepperoni Side: Seasoned Green Beans</p>	<p> HAPPY THANKSGIVING 21</p>	<p>HAPPY THANKSGIVING 22</p>	<p>HAPPY THANKSGIVING 23</p>
<p>Mini Corn Dogs 26 ✓ Bean & Cheese Burrito Side: Cheesy Broccoli</p>	<p>✓ French Bread Boat 27 with Marinara Sauce Munchable with Goldfish Side: Fresh Veggie Patch</p>	<p>Homemade Chili with Cinnamon Roll 28 Sides: Fresh Veggie Patch</p>	<p>Rotini Pasta with Meatballs and Marinara 29 Chicken Tenders Side: Fresh Veggie Patch</p>	<p>Mandarin Orange Chicken over Brown Rice 30 ✓ Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch</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.

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
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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

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

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!



No School – ES Only ¹

No School K-12 ²

⁵
ES & UB:
Blueberry Muffin

⁶
ES: Pancake on Stick – P
UB: Bagel with Cream Cheese

⁷
ES & UB:
Fruit Frudel

⁸
Build Your Own!
ES: Oatmeal Bar with Fruit Toppings
UB: Chocolate Chip Benefit Bar

⁹
ES & UB:
Mini Blueberry Waffles

¹²
ES & UB:
Chocolate Chip Muffin

¹³
ES & UB:
Mini Cinnamon Rolls (Mini Cinnis)

¹⁴
ES: Blueberry Biscuit
UB: Mini Egg & Cheese Sandwich

¹⁵
Build Your Own!
ES: Yogurt Parfait Bar with Fruit Toppings
UB: Yogurt and Granola

¹⁶
ES & UB:
Mini Maple Waffles

¹⁹
ES & UB:
Apple Cinnamon Muffin

²⁰
ES: Pancake on Stick – P
UB: Blueberry Bagel with Cream Cheese

²¹
HAPPY THANKSGIVING

²²
HAPPY THANKSGIVING

²³
HAPPY THANKSGIVING

²⁶
ES & UB:
Banana Muffin

²⁷
ES & UB:
Chocolate Filled Crescent Roll

²⁸
ES & UB:
Pumpkin Bread

²⁹
Build Your Own!
ES: Yogurt Parfait Bar with Fruit Toppings
UB: Yogurt and Granola

³⁰
ES & UB:
Mini Maple Waffles



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