

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

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**Chicken Salad Wrap or  
Hummus and Veggie Wrap** **7**  
**On WG 8" Tortila**  
Sweet Potato Waffle Fries  
Blueberry Muffin  
Fresh Fruit & Veggie  
Milk

**Beef Stroganoff** **14**  
**With Buttery Noodles**  
Corn  
WG Dinner Roll  
Baked Sweet Potato  
Fresh Fruit & Veggie  
Milk

**Whole Grain Cheese Ravioli** **21**  
Marinara Sauce  
Green Beans  
Cottage Cheese  
Fresh Fruit & Veggie  
Milk

**Grilled Cheese or** **28**  
**Grilled Ham and Cheese**  
**On WG Bread**  
Tomato Tortellini Soup  
Garden Cucumber Spears  
Fresh Fruit & Veggie  
Milk

**Hike Day** **1**  
Peanut Butter & Jelly Sandwich  
Carrot and Celery Sticks  
Apple  
Trail Mix  
Milk

**Homestyle Chicken & Biscuits** **8**  
**With Veggies**  
Roasted Garlicky Green Beans  
Fresh Fruit & Veggie  
Milk

**Teriyaki** **15**  
**Chicken or Tofu**  
Cabbage and Carrot Stir Fry  
Brown Rice  
Fortune Cookie  
Veggie Bar  
Milk

**Hand Rolled Beef & Cheese** **22**  
**Or Bean & Cheese BURRITO**  
On WW Tortilla  
Brown Rice  
Corn  
Chili Roasted Carrots  
Fresh Fruit & Veggie  
Milk

**MAKE YOUR OWN** **29**  
**Fajita Wrap**  
**Seasoned Chicken or Tofu**  
On WW 8" WG Tortilla  
Choose: Cheese, Peppers, Onion,  
Sour Cream, Salsa  
Rice Corn Milk  
Fresh Fruit & Veggie

**EARLY RELEASE DAY** **2**  
**Turkey Sandwich on**  
**WW Bread w/ lettuce**  
Or Hummus & Veggie Wrap  
Sliced Cucumbers w/ Dip  
Cinnamon Apple Slices  
Milk

**PIZZA DAY** **9**  
Cheese, Pepperoni,  
Or Veggie  
Caesar Salad with Croutons  
Roasted Zucchini & Carrot with Basil  
Fresh Fruit & Veggie  
Milk

**BREAKFAST FOR LUNCH** **16**  
Cheesy Scrambled Eggs  
WG French Toast Sticks  
w/ VT Maple Syrup  
Roasted Red Potatoes  
Steamed Broccoli  
Fresh Fruit & Veggie  
Milk

**PIZZA DAY** **23**  
Cheese, Pepperoni,  
Or Veggie  
Caesar Salad with Croutons  
Fresh Fruit & Veggie  
Milk

**Meatballs with Marinara** **30**  
**or Roasted Veggie with Pesto**  
**Sub Sandwich on WG Roll**  
Marinara Sauce  
Italian Roasted Zucchini  
Chick Pea Salad  
Fresh Fruit & Veggie  
Milk

**Roast Turkey** **3**  
**With Gravy**  
Mashed Potatoes  
Peas  
WG Dinner Roll  
Fresh Fruit & Veggie  
Milk

**WG Rotini with** **10**  
**Meat Sauce Or Marinara Sauce**  
Cottage Cheese  
Steamed Broccoli  
Garlic Bread  
Fresh Fruit & Veggie  
Milk

**WG Cheesy Breadstick** **17**  
**Marinara Sauce**  
Buttery Green Beans  
Roasted Chick Peas  
Fresh Fruit & Veggie  
Milk

**Misty Knoll Chicken Drumsticks** **24**  
**Or Baked Tofu w/ BBQ Sauce**  
Baked Beans  
Roasted Broccoli  
WG Dinner Roll  
Fresh Fruit & Veggie  
Milk

**HAPPY HALLOWEEN** **31**  
**Ghostly Goooooosh**  
Spooky Spinach Salad  
Roasted Scary Scarrots  
Pumpkin Bread  
Freaky Fresh Fruit & Veggie  
Myummy Milk

**Chicken or Tofu Tenders** **4**  
**With BBQ Sauce**  
Brown Rice  
Steamed Broccoli  
Carrot Sticks  
Fresh Fruit & Veggie  
Milk

**Hamburger or Cheeseburger** **11**  
**Or Veggie Burger**  
Local Corn on the Cob  
Baked Potato Fries  
Fresh Fruit & Veggie  
Milk

**NO SCHOOL** **18**  
**RECESS**

**Healthy Baked Potato Bar** **25**  
**Baked Potato**  
Ham/Broccoli/Cheese Fixins  
WG Cornbread  
Tomato Cucumber Salad  
Pink Strawberry Smoothie  
Milk

**LCS WELLNESS DAY**

This institution is an equal opportunity provider.

**PRICES**  
Breakfast - \$1.50  
Paid Lunch \$2.85  
Reduced and Free Lunch - FREE  
Milk w/o a meal - \$.65  
Adult Breakfast \$2.50    Adult Lunch \$5.00  
**Please pay for meals in advance or  
apply for Free meals**

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