



# OCTOBER 2023 - MONTHLY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY SALAD
<b>Buttermilk Pancakes</b> Scrambled Eggs Sausage Links Hashbrowns Banana	<b>Salisbury Steak</b> Mashed Potatoes Green Beans Baked Roll Peaches	<b>4 National Taco Day!</b> <b>Chicken Tacos</b> Cilantro Lime Rice Corn & Black Beans Pineapple Churros!	<b>Fall Break</b> <b>No School</b>	<b>Fall Break</b> <b>No School</b>	<b>Classic Chef Salad</b> Turkey & Ham, Egg Tomatoes, Cucumbers Cheddar Cheese, Croutons Dressing of Choice
<b>9 Fall Break - Students</b> <b>Teacher Work Day</b>	<b>10 Deep Dish Pizza</b> Tossed Salad Jell-O fruit Salad	<b>11 Chicken Alfredo</b> Steamed Vegetables Garlic Breadstick Pears	<b>12 Mongolian Beef</b> White Rice Steamed Broccoli Eggroll Oranges Wedges	<b>13 LCS Pizza</b> Tossed Salad Mixed Fruit Fresh Baked Cookie	<b>Fall Apple Salad</b> Fresh Diced Apples Bacon, Blue Cheese Crumbles Toasted Pumpkin Seeds, Craisins Apple Cider Vinaigrette
<b>16 Grilled Cheese &amp; Tomato Soup</b> Chips Banana	<b>17 Chicken Cacciatore</b> White Rice Steamed Vegetables Garlic Toast Pears	<b>18 Spaghetti &amp; Meat Sauce</b> Steamed Broccoli Garlic Breadstick Pears	<b>19 Walking Tacos</b> Mexican Rice Southwest Corn Orange Wedges Churros!	<b>20 LCS Pizza</b> Tossed Salad Mixed Fruit Fresh Baked Cookie	<b>Grilled Chicken Caesar</b> Grilled Chicken, Tomatoes Parmesan Cheese, Croutons Classic Caesar Dressing
<b>23 Chicken Nuggets</b> Mac & Cheese Buttered Peas Applesauce <b>National Boston Cream Pie Day!</b>	<b>24 Chicken Cordon Bleu</b> Roasted Potatoes Glazed Carrots Baked Roll Peaches	<b>25 Baked Ziti with Italian Sausage</b> Steamed Broccoli Garlic Breadstick Pears	<b>26 Pulled Pork Sandwich</b> Homemade Potato Salad Buttered Corn Mixed Fruit	<b>27 LCS Pizza</b> Tossed Salad Mixed Fruit Fresh Baked Cookie	<b>Southwest Chicken Salad</b> Grilled Chicken, Black Beans Roasted Corn, Tomatoes Crispy Tortillas, Shredded Cheese Chipotle Ranch Dressing
<b>30 Chicken Patty Sandwich</b> Tater Tots Buttered Corn Applesauce	<b>31 Homemade Sloppy Joes</b> Tater Tots Mixed Vegetables Peaches				<b>Fall Apple Salad</b> Fresh Diced Apples Bacon, Blue Cheese Crumbles Toasted Pumpkin Seeds, Craisins Apple Cider Vinaigrette

## NOTES

All meal options include choice of one (8 oz.) milk or (8 oz.) water

There are daily a la carte items available for students in grades 3-12.

A deli sandwich or PB&J meal with chips, carrot sticks and fruit is always available for students in K4-12th grades.

**Allergy Alert!** Items in this cafeteria are prepared where wheat, nuts and soy are present and may come in contact with food.

## Meal Prices:

K4-2nd Grade: \$4.50

3rd-5th Grade: \$5.00

6th-12th Grade: \$5.50