

October Lunch Menu - Lakeside Schools

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL In Service	3 Chicken Drumstick Savory Rice Whole Grain Roll & Jelly Fresh Broccoli Cherry Tomatoes Fruit Salad Fruit Choice Milk Choice	4 Pizza Tossed Salad Baby Carrots Fresh Orange Fruit Choice Milk Choice	5 Country Style Beef Patty Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Green Beans Pineapple Fruit Choice Milk Choice	6 Corn Dog Baked Beans Sweet Potato Tots Fruit Cocktail Snickerdoodle (6-12) Fruit Choice Milk Choice
9 Chicken Tetrizzini Garlic Bread Tossed Salad Peas Apricots Fruit Choice Milk Choice	10 Super Nachos Tortilla Chips Refried Beans Broccoli Florets Strawberries Fruit Choice Milk Choice	11 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Fruit Choice Milk Choice	12 Chili Whole Grain Crackers Red Bell Pepper Strips Cinnamon Roll Peaches Fruit Choice Milk Choice	13 BBQ on a Bun French Fries Creamy Cole Slaw Royal Brownies (6-12) Mixed Fruit Salad Fruit Choice Milk Choice
16 Beef & Bean Burrito Tortilla Chips (6-12) Tomato Salsa Romaine & Tomato Mexican Corn Fresh Banana Fruit Choice Milk Choice	17 Stromboli Squares Garlic Bread (9-12) Garden Salad Fresh Baby Carrots Mandarin Oranges Fruit Choice Milk Choice	18 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Pears Fruit Choice Milk Choice	19 Cook's Choice	20 Hamburger/Bun Dark Green Leaf Lettuce Tomato Slice Baked Beans Fresh Grapes Fruit Choice Milk Choice
23 Chicken Strips Whole Wheat Roll & Honey Mashed Potatoes & Gravy Green Beans Pears Fruit Choice Milk Choice	24 Taco Burger/Bun Tortilla Chips (6-12) Tomato Salsa Dark Green Leaf Lettuce Tomato Slice Refried Beans Fruit Fruit Choice Milk Choice	25 Macaroni & Cheese Meatballs Whole Wheat Bread & Jelly Peas Baby Carrots Apple Salad Fruit Choice Milk Choice	26 Lasagna Garlic Bread Sticks w/Marinara Sauce Garden Salad Applesauce Chocolate Chip Cookie (9-12) Fruit Choice Milk Choice	27 Hot Ham & Cheese/Bun Potato Wedges Broccoli Florets Fruit Cocktail Fruit Choice Milk Choice
30 Hot Dog/Bun Tri Tator Broccoli w/Cheese Fresh Apple Slices Fruit Choice Milk Choice	31 Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fruit Cinnamon Puff (6-12) Fruit Choice Milk Choice			

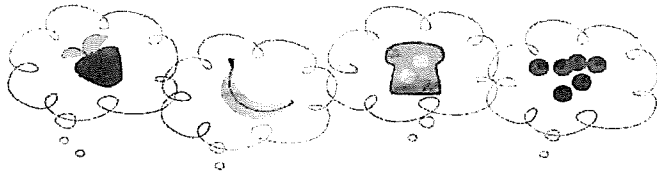
 **SCHOOL
LUNCH
WHAT'S COOKING?**

October Breakfast Menu – Lakeside Schools

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL In Service	3 Whole Grain Cinnamon Roll Fruit Fruit Juice Choice Milk Choice	4 Scrumptious Coffeecake Fruit Fruit Juice Choice Milk Choice	5 Pancakes Sausage Fruit Fruit Juice Choice Milk Choice	6 Biscuit & Gravy Fruit Fruit Juice Choice Milk Choice
9 Breakfast Pizza Fruit Fruit Juice Choice Milk Choice	10 Whole Grain Cereal Fruit Fruit Juice Choice Milk Choice	11 French Toast Sticks with syrup Fruit Fruit Juice Choice Milk Choice	12 Chicken Biscuit Breakfast Sandwich Fruit Fruit Juice Choice Milk Choice	13 Biscuit & Gravy Fruit Fruit Juice Choice Milk Choice
16 Whole Grain Muffin Cereal Fruit Fruit Juice Choice Milk Choice	17 Pancake on a Stick Fruit Fruit Juice Choice Milk Choice	18 Sausage Breakfast Sandwich Fruit Fruit Juice Choice Milk Choice	19 Kansas Granola Bar Yogurt Fruit Fruit Juice Choice Milk Choice	20 Biscuit & Gravy Fruit Fruit Juice Choice Milk Choice
23 Waffles w/Syrup Fruit Fruit Juice Choice Milk Choice	24 Whole Grain Cinnamon Roll Fruit Fruit Juice Choice Milk Choice	25 Scrumptious Coffeecake Fruit Fruit Juice Choice Milk Choice	26 Pancakes Sausage Fruit Fruit Juice Choice Milk Choice	27 Biscuit & Gravy Fruit Fruit Juice Choice Milk Choice
30 Breakfast Pizza Fruit Fruit Juice Choice Milk Choice	31 Whole Grain Cereal Fruit Fruit Juice Choice Milk Choice			

This institution is an equal opportunity provider.

take time for
school
BREAKFAST



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