

OCTOBER BREAKFAST MENU

LAKESIDE SCHOOLS

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

wake up!
to
School Breakfast

This institution is an equal opportunity provider.



OCTOBER LUNCH MENU - LAKESIDE SCHOOLS

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

Lunch

