

October

2017

Lamoni Community School District

Menu Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Breakfast offers 1% & Skim Milk Yogurt Fruit or Juice Cereal & Toast 2nd choice	2 French Toast/Sausage Chicken Nuggets Green Beans Fruit & Veggie Bar	3 Pancake Sausage Stick Hamburger/Bun Baked Beans Fruit & Veggie Bar	4 Muffin & Cheese Stick National Taco Day Soft Taco & Corn Fruit & Veggie Bar	5 Biscuits & Gravy Crispito w Sour cream & Salsa Carrots Fruit & Veggie Bar	6 Long John & Cheese National Noodle Day Hotdog/Bun Macaroni & Cheese Fruit & Veggie Bar	7
8	9 Muffin & Cheese Popcorn Chicken Baked Beans Fruit & Veggie Bar	10 Long John & Boiled Egg Burrito Corn Fruit & Veggie Bar	11 Pizza Boat Chicken Alfredo Green Beans Fruit & Veggie Bar	12 French Toast & Bacon Stuffed Crust Pizza Peas Fruit & Veggie Bar	13 Cinnamon Roll Chicken Gravy & Biscuit Carrots Fruit & Veggie Bar	14
15	16 Breakfast Wrap /Sausage Calzone w/Salsa Peas Fruit & Veggie Bar	17 French Toast & Cheese Mr. Rib/Bun Carrots Fruit & Veggie Bar	18 Omelet & Toast Chicken Nuggets Green Beans Fruit & Veggie Bar	19 Muffin & Boiled Egg Hamburger/Bun Bacon & Cheese Optional Wedges Fruit & Veggie Bar	20 Breakfast Pizza Corn Dog Baked Beans Fruit & Veggie Bar	21
22	23 Pop Tart & Boiled Egg Cheese Pizza Rice Fruit & Veggie Bar	24 Muffin & Cheese Stick Goulash Green Beans Fruit & Veggie Bar	25 Egg & Bacon Biscuit Chicken Nuggets Broccoli & Cheese Fruit & Veggie Bar	26 Pancakes w/Sausage Chicken Gravy & Biscuit Carrots Fruit & Veggie Bar	27 Mini Bagel & Boiled Egg Tomato Soup Stuffed Bread Stick Fruit & Veggie Bar	28
In accordance to Federal Law we do not discriminate on the basis Of race, color, national origin, sex, age, or disability	30 Oatmeal & Toast Pork Fritter & Roll Potatoes & Gravy Fruit & Veggie Bar	31 Breakfast Pizza Tater Tot Casserole Green Beans Fruit & Veggie Bar		<i>Offered at Lunch</i> Chocolate, Strawberry as well as White Milk	<i>Fruit & Veggie Bar</i> Apples, Peaches Oranges, Pears Bananas, Grapes, Strawberries	Romaine, Spinach Carrots, Tomatoes Peppers, Cucumbers Cheese, Olives