

# November - 2018 Breakfast

## Lamoni Community School District

This institution is an equal opportunity provider

Menu Subject to Change

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday |
|--------|---|--|---|--|---|----------|
|        |   |  |   | 1<br>Breakfast Burrito<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk      | 2<br>No<br>School   | 3        |
| 4      | 5<br>Breakfast Pizza<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk     | 6<br>Sausage/Egg/Cheese Bar<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk | 7<br>Biscuits & Gravy<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk            | 8<br>Pancake Bites<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk          | 9<br>Muffin<br>@ Yogurt Bar Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk         | 10       |
| 11     | 12<br>Chicken Biscuit<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk    | 13<br>Breakfast Boat<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk        | 14<br>Egg/Cheese/Sausage<br>Biscuit Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk | 15<br>Pancake/Sausage Stick<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk | 16<br>Mini Cinnis<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk                | 17       |
| 18     | 19<br>Breakfast Pizza<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk    | 20<br>Pancakes & Sausage<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk    | 21<br>No<br>School  | 22<br>Happy<br>Thanksgiving<br>Everyone  | 23<br>No<br>School  | 24       |
| 25     | 26<br>Cheese Omelet/Meat<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk | 27<br>Waffles with Syrup<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk    | 28<br>Egg/Cheese/Ham<br>Biscuit Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk     | 29<br>Breakfast Burrito<br>Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk     | 30<br>Cinnamon Roll<br>& Yogurt Bar Or<br>Cereal & Toast<br>4oz Fruit Juice or Fruit<br>8 oz Milk |          |

# November - 2018

# Lunch

## Lamoni Community School District

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Menu Subject to Change

| Sunday | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday |
|--------|---|--|--|---|---|----------|
|        |   |  |  | 1<br>Sloppy Joe/Bun<br>Tator Tots<br>Baked Beans<br>Salad Bar/Fruit<br>8 oz. Milk       | 2<br>No<br>School   | 3        |
| 4      | 5<br>Haystacks<br>Glazed Carrots<br>Cookie<br>Salad Bar/Fruit<br>8 oz. Milk                             | 6<br>Burrito Casserole<br>Chuck Wagon Corn<br>Lettuce/Tomato/Cheese<br>Salad Bar/Fruit<br>8 oz. Milk     | 7<br>Pork Fritter<br>Mashed Potatoes/Gravy<br>Green Beans<br>Salad Bar/Fruit<br>8 oz. Milk | 8<br>Hamburger/Bun<br>Cheeseburger/Bun<br>French Fries<br>Salad Bar/Fruit<br>8 oz. Milk | 9<br>Chili Fritos<br>Broccoli<br>Sour Cream/Cheese<br>Salad Bar/Fruit<br>8 oz. Milk                         | 10       |
| 11     | 12<br>Pepperoni Pizza<br>Green Peas<br>Make your Own Salad<br>Salad Bar/ Fruit<br>8 oz. Milk            | 13<br>Beef Nachos<br>Refried Beans<br>Lettuce/Tomato/Cheese<br>Salad Bar/Fruit<br>8 oz. Milk             | 14<br>Ham Balls<br>Hash Brown Casserole<br>Seasoned Corn<br>Salad Bar/Fruit<br>8 oz. Milk  | 15<br>Chicken Sandwich<br>Potato Wedges<br>Salad Bar/Fruit<br>8 oz. Milk                | 16<br>Baked Turkey<br>Mashed Potatoes/Gravy<br>Bread Stuffing<br>Rolls & Dessert<br>8 oz. Milk              | 17       |
| 18     | 19<br>Orange Chicken Stir Fry<br>Oriental Vegetables<br>Fortune Cookie<br>Salad Bar/Fruit<br>8 oz. Milk | 20<br>Cook's<br>Choice   | 21<br>No<br>School   | 22<br>Happy<br>Thanksgiving<br>Everyone   | 23<br>No<br>School  | 24       |
| 25     | 26<br>Chicken Nuggets<br>French Fries<br>Vegetable Blend<br>Salad Bar/Fruit<br>8 oz. Milk               | 27<br>Walking Tacos<br>Black Bean & Corn Salsa<br>Lettuce/Tomato/Cheese<br>Salad Bar/Fruit<br>8 oz. Milk | 28<br>Beef & Noodles<br>Mashed Potatoes<br>Bean Medley<br>Salad Bar/ Fruit<br>8 oz. Milk   | 29<br>Hot Ham and<br>Cheese/Wheat<br>Sweet Potato Tots<br>Salad Bar/Fruit<br>8 oz. Milk | 30<br>Creamed Chicken/Biscuit<br>Cooked Tomatoes<br>Celery & Carrot Sticks<br>Salad Bar/Fruit<br>8 oz. Milk |          |