

LCSD Elementary Menu

Meals on the Bus



October 2020

Breakfast Includes: Selection of Canned or Fresh Fruit or Vegetable, Whole Grains and Low-Fat or Skim White Milk
at Breakfast the Students must take 3of the 4 items offered, 1 must be the fruit or veggie

Lunch Includes: Selection of Canned and Fresh Fruit, Fresh Vegetables, Whole Grain Rich Breads, Protein and Low-Fat & Fat-Free Milk
at Lunch the Students must choose 3 of 5 Meal Components 1 must be a ½ cup of fruit or veggie

			<p>1 Breakfast: Ham & Cheese Muffin Lunch: Cheeseburger on WW Bun Supper: Chicken Alfredo over pasta</p>	<p>2 Breakfast: Blueberry Muffin Tops Lunch: Cheesy Breadsticks w/Marinara Supper: Popcorn Chicken & WW Roll</p>
<p>5 Breakfast: Warm Bagel w/Cream Cheese Lunch: Oven Baked Chicken Burger w/Roll Supper: Bean & Cheese Burrito</p>	<p>6 Breakfast: Hearty Oatmeal w/WW Toast Lunch: BBQ Pulled Pork Sandwich Supper: Chicken & Cheese Taco</p>	<p>7 Breakfast: Cold Cereal w/WW Toast Lunch: Popcorn Chicken w/Roll Supper: Ham & Cheese Sandwich on WW</p>	<p>8 Breakfast: Warm Bagel w/Cream Cheese Lunch: Beef Tot'chos w/WW Roll Supper: Bean & Cheese Burrito</p>	<p>9 Breakfast: Cinnamon Breakfast Round Lunch: Cheesy Breadsticks w/Marinara Supper: Corn Dog</p>
<p>12 Breakfast: French Toast Sticks Lunch: Chicken & Waffles Supper: Cheeseburger on WW Bun</p>	<p>13 Breakfast: Ham & Cheese Muffin Lunch: Turkey & Cheese Soft Taco Supper: American Sub Sandwich</p>	<p>14 Breakfast: Cinnamon Breakfast Round Lunch: Cheesy Breadsticks w/Marinara Supper: Chicken Nuggets w/WW Roll</p>	<p>15 Breakfast: Cold Cereal w/WW Toast Lunch: Turkey & Cheese Sandwich Supper: Hot Dog on WW Bun</p>	<p>16 Breakfast: Peachy Muffin Top Lunch: Macaroni & Cheese Supper: Popcorn Chicken & WW Roll</p>
<p>19 Breakfast: Pancake Sausage on a Stick Lunch: Chicken Nuggets w/WW Roll Supper: Cheeseburger on WW Bun</p>	<p>20 Breakfast: Strawberry Yogurt w/Graham Cracker Lunch: Cheesy Breadsticks w/Marinara Supper: Italian Sub Sandwich</p>	<p>21 Breakfast: Bagel w/Cream Cheese Lunch: Sloppy Joe on WW Bun Supper: Oven Baked Corn Dog</p>	<p>22 Breakfast: Ham & Cheese Muffin Lunch: Chicken Burger on WW Roll Supper: Beef & Cheese Taco</p>	<p>23 Breakfast: Oatmeal Chocolate Chip Breakfast Round Lunch: Hot Dog Supper: Bean & Cheese Burrito</p>
<p>26 Breakfast: Cold Cereal w/Toast Lunch: Bean & Cheese Burrito Supper: Oven Baked Corn Dog</p>	<p>27 Breakfast: Hot Oatmeal w/WW Toast Lunch: Fish Sticks w/WW Roll Supper: Cheesy Breadsticks w/Marinara</p>	<p>28 Breakfast: Ham & Cheese Muffin Lunch: Chicken & Cheese Wrap Supper: Cheeseburger on WW Bun</p>	<p>29 Breakfast: Bagel w/Cream Cheese Lunch: Oven Baked Corn Dog Supper: Bean & Cheese Burrito</p>	<p>30 Breakfast: Blueberry Muffin Tops Lunch: Spaghetti w/Meat Sauce Supper: Popcorn Chicken & WW</p>

WW = Whole Wheat WG= Whole Grain

Assorted Cereal will be offered everyday as a choice for breakfast

This institution is an equal opportunity provider
Menu Subject to Change

