

Welcome Autumn



ALL GRAINS ON THIS MENU ARE EITHER WHOLE GRAIN OR WHOLE WHEAT

Monday

Tuesday

Wednesday

Thursday

Friday

1

CORN DOG
POTATO WEDGES (1/2)
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
KETCHUP
MUSTARD

2

NACHOS WITH GROUND BEEF
CINNAMON ROLL, WG
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
PEPPERS, JALAPENO

3

TURKEY & CHEESE SANDWICH
VEGETABLE NOODLE SOUP
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
MAYONNAISE
MUSTARD

4

CHEESE PIZZA
FRUIT CUP, FROZEN
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

7

CRISPY CHICKEN SANDWICH
SUNCHIPS, ORIGINAL
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
KETCHUP
MAYONNAISE
MUSTARD

8

PEPPERONI PIZZA
FRUIT CUP, FROZEN
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

9

GRILLED CHEESE SANDWICH
TOMATO SOUP
GOLD FISH CRACKERS
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

10

HOT DOG ON A BUN
BAKED BEANS
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
KETCHUP
MUSTARD
RELISH

11

NACHOS WITH GROUND BEEF
CINNAMON ROLL, WG
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
PEPPERS, JALAPENO

14

BREAKFAST FOR LUNCH
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
KETCHUP

15

QUESADILLA, CHICKEN
SOUR CREAM
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

16

TURKEY, POTATOES, AND
GRAVY
ROLLS, WHEAT
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

17

ITALIAN DIP STICKS
SPAGHETTI SAUCE
GREEN BEANS
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

18

NO SCHOOL TODAY

21

NO SCHOOL TODAY

22

CORN DOG
POTATO WEDGES (1/2)
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
KETCHUP
MUSTARD

23

NACHOS WITH GROUND BEEF
CINNAMON ROLL, WG
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
PEPPERS, JALAPENO

24

TURKEY & CHEESE SANDWICH
VEGETABLE NOODLE SOUP
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
MAYONNAISE
MUSTARD

25

PEPPERONI PIZZA
FRUIT CUP, FROZEN
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

28

CRISPY CHICKEN SANDWICH
SUNCHIPS, ORIGINAL
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
KETCHUP
MAYONNAISE
MUSTARD

29

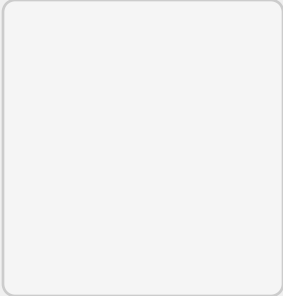
SPAGHETTI AND MEAT SAUCE
ROLLS, WHEAT
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
PARMESAN CHEESE, GRATED

30

GRILLED CHEESE SANDWICH
TOMATO SOUP
GOLD FISH CRACKERS
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim

31

HOT DOG ON A BUN
BAKED BEANS
SALAD & FRUIT BAR
MILK, 1% Lowfat
MILK, Skim
KETCHUP
MUSTARD
RELISH



LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY ORGANIZATION