

LA SALLE CHARTER SCHOOL

BREAKFAST, LUNCH & AFTERNOON SNACK MENU

OCTOBER 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| BREAKFAST Biscuit w/margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk 1C AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk 1C | BREAKFAST Cereal French Toast Sticks, WG & Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Sock-Rockin' Chili Carrot Sticks Light Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk 1C AFTER SCHOOL SNACK Graham Crackers 4 squares Skim Milk 1C | BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk 1C AFTER SCHOOL SNACK Annie's WG Bunny Crackers Skim Milk 1C | BREAKFAST Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Soft Beef Taco Shredded Lettuce/Tomatoes Refried Beans Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Blueberry Muffin Fresh Fruit 3/4 C | NO SCHOOL |
| 8 | 9 | 10 | 11 | 12 |
| BREAKFAST Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Seasoned Grilled Chicken Breast Baked Beans Fresh Broccoli Light Ranch Dressing Slice of Bread WG Bread Mandarin Oranges Skim Milk 1C AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk 1C | BREAKFAST Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH All-Beef Hot Dog on WG Bun French Fries Catsup/Mustard Mixed Veggies Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Hot n Spicy Chex Mix #6963722 Skim Milk 1C | BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Crackers 4 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK WG Strawberry Pop-Tart Skim Milk 1C | BREAKFAST Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Boneless Chicken Drumsticks Homemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C AFTER SCHOOL SNACK WG Cheez-its Skim Milk 1C | BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Bug Bites #385621 Skim Milk 1C |
| 15 | 16 | 17 | 18 | 19 |
| BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Chicken Fettuccine Green Peas WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Veggies & Dip 6 oz. Wheat Crackers (8) #1007558 | BREAKFAST Cereal French Toast Sticks WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Taco Salad with Beef Refried Beans Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Strawberry Yogurt 4 oz. Fruit Slices 6 oz. | BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Hot & Spicy Chicken Patty on WG Bun Carrots, margarine Fruit cocktail WG Animal Crackers Skim Milk 1C AFTER SCHOOL SNACK Blueberry Muffin Skim Milk 1C | NO SCHOOL | NO SCHOOL |
| 22 | 23 | 24 | 25 | 26 |
| BREAKFAST Cereal String cheese Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Southwest Chicken Flauta (Tornado) Romaine Salad/Lt. Dressing Green Beans Slice of WG Bread Chilled Fruit Skim Milk 1C AFTER SCHOOL SNACK String Cheese 1 oz. Grapes 6 oz. | BREAKFAST Pancakes w/Syrup Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Sloppy Joe on a Roll Corn on the Cob Fresh Fruit/Seasonal Margarine Skim Milk 1C AFTER SCHOOL SNACK Cereal 6 oz. Skim Milk 1C | BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Popcorn Chicken Oven Roasted Potatoes Carrots Catsup Fresh Fruit/Seasonal WG Roll/margarine Skim Milk 1C AFTER SCHOOL SNACK Graham Crackers 4 squares Applesauce 6 oz. | BREAKFAST Blueberry Muffin Egg Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Santa Fe Wrap Refried Beans Chilled Fruit Skim Milk 1C AFTER SCHOOL SNACK Annie's WG Bunny Crackers Skim Milk 1C | BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Grilled Cheese Sandwich Fresh Broccoli w/Margarine Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk 1C AFTER SCHOOL SNACK Pineapples Chunks or Grapes 6 oz. Animal Crackers 9 |
| 29 | 30 | 31 | | |
| BREAKFAST Biscuit & Gravy Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Chicken Patty, baked/WG Bun Cowboy Corn Salad Fresh Fruit/Seasonal Chocolate Teddy Grahams Skim Milk 1C AFTER SCHOOL SNACK Wheat Crackers (8) Banana | BREAKFAST Cereal French Toast Stix WG w/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Sweet Sesame Chicken Stir Fry Steamed Brown Rice Green Beans WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Goldfish Crackers Skim Milk 1C | BREAKFAST Pancakes (2) Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Turkey Sandwich on Whole Grain Bread/Lt. Mayo Fresh Broccoli/Lt. Ranch Lettuce & Tomato Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Blueberry Muffin Skim Milk 1C |  | |

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