



It's for breakfast?

Lakeland School District Elementary Breakfast Menu

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Skewered Sausage Pancake w/ Maple Syrup Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	2 Breakfast Pizza Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	3 No School	4 No School
7 Whole Grain Waffle w/Maple Syrup Scrambled Eggs Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	8 Breakfast Pizza Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	9 Whole Grain French Toast Sticks w/Maple Syrup Assorted Cereal Cheese sticks Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	10 Chicken Biscuit Sandwich Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	11 Baked Cinnamon Roll Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice
14 Breakfast Pizza Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	15 Sliced Whole Grain Cinnamon Toast (2) Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	16 Egg & Cheese Breakfast Sandwich Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	17 Whole Grain Waffle w/Maple Syrup Scrambled Eggs Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	18 Biscuits & Gravy Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice
21 Banana Split Smoothie w/ Whole Grain Muffin Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	22 Ham, Egg & Cheese Bagel Melt Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	23 Breakfast Pizza Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	24 Whole Grain Waffle w/Maple Syrup Scrambled Eggs Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	25 Baked Cinnamon Roll Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice
28 Egg & Cheese Breakfast Burrito Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	29 Breakfast Pizza Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	30 Whole Grain French Toast Sticks w/Maple Syrup Assorted Cereal Cheese sticks Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	31 Chicken Biscuit Sandwich Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	 Locally Grown  Vegetarian We support Local Farmers!

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Paid Student \$1.50. Reduced \$0.30. Adult \$2.25

KID'S STOP Cafe



eat. learn. live.

Elementary Lunch Menu October 2019

Student Lunch \$2.80 ** Reduced Price \$0.40 ** Adult \$4.00

A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one choice of 1% white and skim chocolate. A **cold vegetable and fruit bar is available daily** on which we feature a variety of locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

1) fruit side dish, and milk. Milk variety of vegetables and fruits /orange and dark green

All of our offerings contain zero grams of artificial trans fat.

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Oct	2-Oct	3-Oct	4-Oct
	Pancake Day! Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	Chicken Alfredo w/ Savory Green Beans Garlic Twist Fruit and Vegetable Bar Assorted Milk	No School	No School
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
French Toast Sticks w/ Maple Syrup Sausage Patty Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	Lucky Tray Day! Soft Beef Taco Roasted Carrot Fries Fruit and Vegetable Bar Assorted Milk	Toasted Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk	Pepperoni Pizza Fruit and Vegetable Bar Assorted Milk	Cheese Burger Boston Baked Beans Fruit and Vegetable Bar Assorted Milk
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Sloppy Joes Baked Tator Tots Fruit and Vegetable Bar Assorted Milk	Pancake Day! Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	Macaroni & Cheese Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	Pepperoni Pizza Fruit and Vegetable Bar Assorted Milk	Chicken & Cheese Quesadilla Seasoned Corn Fruit and Vegetable Bar Assorted Milk
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Tangerine Chicken Rice, Roasted Broccoli Fruit and Vegetable Bar Assorted Milk	Lucky Tray Day! Soft Beef Taco Roasted Carrot Fries Fruit and Vegetable Bar Assorted Milk	Toasted Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk	Pepperoni Pizza Seasoned Corn Fruit and Vegetable Bar Assorted Milk	Bean & Cheese Burrito/w Red Enchilada Sauce Seasoned Black Beans, Mexi Corn Fruit and Vegetable Bar Milk
28-Oct	29-Oct	30-Oct	31-Oct	
BBQ Chicken served w/ mashed potatoes, dinner roll & cinnamon glazed carrots Fruit and Vegetable Bar Assorted Milk	French Toast Sticks w/ Maple Syrup Scrambled Eggs Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	Macaroni & Cheese Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	Homemade Cheese Pizza Fruit and Vegetable Bar Assorted Milk	

The following alternate entrees are available w/daily hot vegetable offering, choice[s] from fruit/vegetable

bar, and choice of milk:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Chicken Nuggets w/ Whole Grain Dinner Roll Tuna Sub	Cheese Pizza Deli Sandwich	Whole Grain Corn Dog Fun Lunch: Cereal & Yogurt Fun Lunch	Chicken Nachos Chef Salad w/ Dinner Roll	Crispy Chicken Sandwich Deli Sandwich

Daily Fruit and Vegetable Bar Offerings

Tossed Salad Fresh Baby Carrots Power Peas Fresh Fruit Chilled Fruit	Caesar Salad Broccoli Florets Spicy Roasted Garbanzo Beans Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Cucumber Mandarin Salad Fresh Fruit Chilled Fruit	Caesar Salad Broccoli Florets Corn & Black Bean Salsa Salad Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Sliced Cucumbers Dried Fruit Mix Fresh Fruit
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