

Lakeland School District Elementary November Breakfast Menu

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Locally Grown</p> <p>Vegetarian</p>	<p>We support Local Farmers!</p>			<p>No school</p>
<p>Whole Grain Waffle w/Maple Syrup Scrambled Eggs Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Breakfast Pizza</p> <p>Assorted Cereal Whole Grain Muffin</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Whole Grain French Toast Sticks w/Maple Syrup Assorted Cereal Cheese sticks</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Chicken Biscuit Sandwich</p> <p>Assorted Cereal Whole Grain Toast</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Baked Cinnamon Roll</p> <p>Assorted Cereal Strawberry Yogurt</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>
<p>Breakfast Pizza Assorted Cereal Whole Grain Muffin</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Sliced Whole Grain Cinnamon Toast (2)</p> <p>Assorted Cereal Strawberry Yogurt</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Whole Grain Fudge Frosted Pop-Tart</p> <p>Assorted Cereal String Cheese</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Whole Grain Waffle w/Maple Syrup Scrambled Eggs</p> <p>Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Biscuits & Gravy</p> <p>Assorted Cereal Strawberry Yogurt</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>
<p>Fruit Smoothie w/ Whole Grain Muffin</p> <p>Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Whole Grain Fudge Frosted Pop-Tart</p> <p>Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Breakfast Pizza</p> <p>Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Whole Grain Waffle w/Maple Syrup Scrambled Eggs Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>Baked Cinnamon Roll</p> <p>Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>
<p>No School</p>	<p>No School</p>	<p>No School</p>	<p>No School</p>	<p>No School</p>

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




Elementary Lunch Menu November 2019

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

Research suggests that the food we eat affects our mental well-being. To help students identify the foods that can make them feel their best, Chartwells has launched a new program.. **Mood Boost!** Throughout the next few weeks, You will get introduced to the "Moodies" and learn the foods that can help make you feel : Strong, Alert, Happy, Calm, Smart and Confident!

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

Monday	Tuesday	Wednesday	Thursday	Friday
MOOD BOOST		ALERT		1-Nov No School
4-Nov BBQ Chicken Served w/ mashed potatoes, dinner roll & cinnamon glazed carrots Fruit and Vegetable Bar Assorted Milk	5-Nov Lucky Tray Day! Soft Beef Taco Sweet Potato Fries Fruit and Vegetable Bar Assorted Milk	6-Nov Toasted Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk	7-Nov Pepperoni Pizza Roasted Broccoli Fruit and Vegetable Bar Assorted Milk	8-Nov Cheese Burger Boston Baked Beans Fruit and Vegetable Bar Assorted Milk
11-Nov Sloppy Joes Baked Tater Tots Fruit and Vegetable Bar Assorted Milk	12-Nov Pancake Day! Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	13-Nov Macaroni & Cheese Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	14-Nov French Toast Sticks w/ Maple Syrup Scrambled Eggs Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	15-Nov Cheese Quesadilla Seasoned Corn Fruit and Vegetable Bar Assorted Milk
18-Nov Tangerine Chicken Brown Rice, Roasted Broccoli Fruit and Vegetable Bar Assorted Milk	19-Nov French Toast Sticks w/ Maple Syrup Sausage Patty Fruit and Vegetable Bar Assorted Milk	20-Nov Toasted Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk	21-Nov Parfait: Vanilla Yogurt, Homemade Granola & Fruit Fruit and Vegetable Bar Assorted Milk	22-Nov <u>Only choice:</u> Turkey Gravy w/ Mashed Potatoes, Candied Yams, Roasted Brussel Sprouts Dinner Roll Fruit and Vegetable Bar Assorted Milk
25-Nov No School	26-Nov No School	27-Nov No School	28-Nov No School	29-Nov No School

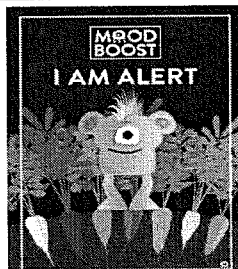
A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include 1% white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables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

Mondays Alt Entrées	Tuesdays Alt Entrées	Wednesdays Alt Entrées	Thursdays Alt Entrées	Fridays Alt Entrées
Chicken Nuggets w/ Whole Grain Dinner Roll Tuna Sub	Cheese Pizza Deli Sandwich	Whole Grain Corn Dog Fun Lunch: Cereal & Yogurt Fun Lunch	Beef Nachos Chef Salad w/Fish Crackers	Hot Dog 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 Garbonzo Beans Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Spinach Salad w Cranberries Fresh Fruit Chilled Fruit	Caesar Salad Broccoli Florets Corn & Black Bean Salsa Salad Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Spinach Salad w Cranberries Dried Fruit Mix Fresh Fruit
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Did you know
Carrots, Brussel
Sprouts, Dark
Chocolate, Apples
and Watermelon
are all great foods
to help you stay
alert?



View your menu online at: lakeland272.nutrislice.com