

OCTOBER 2022

Lakewood City Schools

LUNCH



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

Breaded Chicken Patty Sandwich,
Broccoli Cuts,
Mandarin Oranges,
Raisins (9-12 only),
Milk

3

TUESDAY

Lasagna Roll Up/w
Spaghetti Sauce,
Green Beans,
Peaches,
Milk

4

WEDNESDAY

Hamburger,
Vegetarian Beans,
Pineapple Tidbits,
Milk

5

THURSDAY

Chicken Nuggets,
Cut Corn,
Fruit Cocktail,
Dinner Roll,
Milk

6

FRIDAY

Soft Shell Tacos w
Lettuce & Shredded
Cheese,
Sliced Carrots,
Pear Slices,
Milk

7

Chicken Nuggets,
Broccoli Cuts,
Mandarin Oranges,
Dinner Roll (K-5, 6-8 Only),
Pretzel Sticks (9-12 Only),
Milk

10

Pizza,
Sliced Carrots,
Diced Pears,
Milk

11

Cheeseburger,
Vegetarian Beans,
Pineapple Tidbits,
Milk

12

Maple Pancake Wrap,
Potato Starz,
Orange Juice,
Milk

13

NEOE DAY
No School for all
Students!

14

Safety & Security Day
No School for all
Students!

17



Pizza Tacos,
Green Beans,
Peaches,
Pretzel Sticks,
Raisins (6-8, 9-12 Only),
Milk

18

Hamburger,
Vegetarian Beans,
Pineapple Tidbits,
Milk

19

Chicken Nuggets,
Cut Corn,
Fruit Cocktail,
Dinner Roll,
Milk

20

Soft Shell Tacos w
Lettuce and Shredded
Cheese,
Sliced Carrots,
Pear Slices,
Milk

21

Fish Patty Sandwich,
Broccoli Cuts,
Mandarin Oranges,
Milk

24

Garden Salad w Sliced
Chicken,
Baby Carrots, Diced Pears,
Soft Pretzel,
Raisins (9-12 Only),
Milk

25

Hamburger,
Vegetarian Beans,
Pineapple Tidbits,
Milk

26

Breaded Chicken Patty,
Cut Corn,
Fruit Cocktail,
Milk

27

Pizza,
Green Beans,
Sliced Peaches,
Dinner Roll (9-12 Only),
Milk

28

Chicken Nuggets,
Broccoli Cuts,
Mandarin Oranges,
Dinner Roll (6-8, 9-12 Only),
Milk

31

