

September 2023 LESD Breakfast Menu

MON		TUES		WED		THURS		FRI	
28		29		30		31		9/1 Week 2	
Quesadilla + Pico de Gallo Salsa (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Waffle with Strawberries + Turkey Sausage Variety Cereal + String Cheese or Sunflower Kernels (v)	Mini Cinnis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	French Toast with Glazed Peaches (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
Frozen Fruit Cup	Apples	Bananas	Oranges	Sliced Peaches					
Sliced Peaches	100% Orange Juice	Applesauce Cups	Dried Cranberries	Dried Cherries					
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk					
4		5		6		7		8 Week 1	
Labor Day *School not in session*	Variety Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Blueberry Yogurt Cup & Granola Variety Cereal + String Cheese or Sunflower Kernels (v)	Mantecada Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Concha (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
	Apples	Bananas	Oranges	Sliced Peaches					
	100% Orange Juice	Applesauce Cups	Dried Cranberries	Dried Cherries					
	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk					
11		12		13		14		15 Week 2	
Quesadilla + Pico de Gallo Salsa (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Waffle with Strawberries + Turkey Sausage Variety Cereal + String Cheese or Sunflower Kernels (v)	Mini Cinnis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	French Toast with Glazed Peaches (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
Frozen Fruit Cup	Apples	Bananas	Oranges	Sliced Peaches					
Sliced Peaches	100% Orange Juice	Applesauce Cups	Dried Cranberries	Dried Cherries					
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk					
18		19		20		21		22 Week 1	
Pancake Squares + String Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Variety Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Blueberry Yogurt Cup & Granola Variety Cereal + String Cheese or Sunflower Kernels (v)	Mantecada Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Concha (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
Frozen Fruit Cup	Apples	Bananas	Oranges	Sliced Peaches					
Sliced Peaches	100% Orange Juice	Applesauce Cups	Dried Cranberries	Dried Cherries					
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk					
25		26		27		28		29 Week 2	
Quesadilla + Pico de Gallo Salsa (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Waffle with Strawberries + Turkey Sausage Variety Cereal + String Cheese or Sunflower Kernels (v)	Mini Cinnis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	French Toast with Glazed Peaches (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
Frozen Fruit Cup	Apples	Bananas	Oranges	Sliced Peaches					
Sliced Peaches	100% Orange Juice	Applesauce Cups	Dried Cranberries	Dried Cherries					
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk					

(v)= Vegetarian

September 2023

LESD Elementary School 2nd Chance Breakfast Menu

MON	TUES	WED	THURS	FRI
28	29	30	31	9/1 Week 2
Variety Cereal + Sunflower Seeds (v) Frozen Fruit Cup Sliced Peaches 8 oz NF or 1% White Milk	Banana Chocolate Chunk BeneFit Bar (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Variety Cereal + Sunflower Kernels or String Cheese (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	Mini Yogurt (v) + ChatSnax Graham Crackers (v) & Sunflower Seeds (v) Oranges Dried Cranberries 8 oz NF or 1% White Milk	Double Chocolate Chip Muffin (v) Sliced Peaches Dried Cherries 8 oz NF or 1% White Milk
4	5	6	7	8 Week 1
Labor Day *School not in session*	Strawberry Yogurt Chex Mix + String Cheese (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Mantecada Muffin (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	Mini PB&J Sandwich (v) Oranges Dried Cranberries 8 oz NF or 1% White Milk	Concha (v) Sliced Peaches Dried Cherries 8 oz NF or 1% White Milk
11	12	13	14	15 Week 2
Variety Cereal + Sunflower Seeds (v) Frozen Fruit Cup Sliced Peaches 8 oz NF or 1% White Milk	Banana Chocolate Chunk BeneFit Bar (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Variety Cereal + Sunflower Kernels or String Cheese (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	Mini Yogurt (v) + ChatSnax Graham Crackers (v) & Sunflower Seeds (v) Oranges Dried Cranberries 8 oz NF or 1% White Milk	Double Chocolate Chip Muffin (v) Sliced Peaches Dried Cherries 8 oz NF or 1% White Milk
18	19	20	21	22 Week 1
Cinnamon Toast Crunch Cereal Bar + Sunflower Seeds (v) Frozen Fruit Cup Sliced Peaches 8 oz NF or 1% White Milk	Strawberry Yogurt Chex Mix + String Cheese (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Mantecada Muffin (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	Mini PB&J Sandwich (v) Oranges Dried Cranberries 8 oz NF or 1% White Milk	Concha (v) Sliced Peaches Dried Cherries 8 oz NF or 1% White Milk
25	26	27	28	29 Week 2
Variety Cereal + Sunflower Seeds (v) Frozen Fruit Cup Sliced Peaches 8 oz NF or 1% White Milk	Banana Chocolate Chunk BeneFit Bar (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Variety Cereal + Sunflower Kernels or String Cheese (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	Mini Yogurt (v) + ChatSnax Graham Crackers (v) & Sunflower Seeds (v) Oranges Dried Cranberries 8 oz NF or 1% White Milk	Double Chocolate Chip Muffin (v) Sliced Peaches Dried Cherries 8 oz NF or 1% White Milk

(v)= Vegetarian

(p) = Contains Pork

This institution is an equal opportunity provider.

September 2023

LESD Lunch Menu

MON		TUES		WED		THURS		FRI		
28		29		30		31		9/1 Week 2		
Chicken Drumstick & Waffle Mac & Cheese with Waffle Apples Celery Sticks w/ Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate	Hamburger Grilled Cheese (v) Bananas Cucumber Cuties Crazy Kale Salad 8 oz NF or 1% White Milk	Mandarin Orange Chicken Bowl + Crackers PB&J Sandwich (v) Oranges Chili Carrot Coins Mandarin Crunch Salad 8 oz NF or 1% White Milk or NF Chocolate	Tamales: Chicken & Red Sauce + String Cheese and Beans Bean & Cheese Burrito (v) Sliced Peaches Pico de Gallo, Refried Beans Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Pepperoni Pizza Slice (p) Cheese Pizza Slice (v) Frozen Fruit Cups Canned Corn & Baby Carrots Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate						
4		5		6		7		8 Week 1		
Labor Day *School not in session*	Chicken Sandwich (Spicy or Regular) Grilled Cheese (v) Bananas Chili Jicama Sticks Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Chili Potatoes with Roll PB&J Sandwich (v) Oranges Baby Carrots Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Bean & Cheese Pupusa (v) with Curtido Yogurt & Granola (v) Sliced Peaches Refried Beans & Baby Carrots Curtido + Pico de Gallo 8 oz NF or 1% White Milk	Pepperoni Pizza Sliders (p) Cheese Pizza Sliders (v) Frozen Fruit Cups Canned Corn Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate						
11		12		13		14		15 Week 2		
Chicken Drumstick & Waffle Mac & Cheese with Waffle Apples Celery Sticks w/ Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate	Hamburger Grilled Cheese (v) Bananas Cucumber Cuties Crazy Kale Salad 8 oz NF or 1% White Milk	Mandarin Orange Chicken Bowl + Crackers PB&J Sandwich (v) Oranges Chili Carrot Coins Mandarin Crunch Salad 8 oz NF or 1% White Milk or NF Chocolate	Tamales: Chicken & Red Sauce + String Cheese and Beans Bean & Cheese Burrito (v) Sliced Peaches Pico de Gallo, Refried Beans Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Pepperoni Pizza Slice (p) Cheese Pizza Slice (v) Frozen Fruit Cups Canned Corn & Baby Carrots Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate						
18		19		20		21		22 Week 1		
Chicken Nuggets + Cheez It Crackers Mac & Cheese + Cheez It Crackers (v) Apples Celery Sticks w/ Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Spicy or Regular) Grilled Cheese (v) Bananas Chili Jicama Sticks Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Chili Potatoes with Roll PB&J Sandwich (v) Oranges Baby Carrots Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Bean & Cheese Pupusa (v) with Curtido Yogurt & Granola (v) Sliced Peaches Refried Beans & Baby Carrots Curtido + Pico de Gallo 8 oz NF or 1% White Milk	Pepperoni Pizza Sliders (p) Cheese Pizza Sliders (v) Frozen Fruit Cups Canned Corn Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate						
25		26		27		28		29 Week 2		
Chicken Drumstick & Waffle Mac & Cheese with Waffle Apples Celery Sticks w/ Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate	Hamburger Grilled Cheese (v) Bananas Cucumber Cuties Crazy Kale Salad 8 oz NF or 1% White Milk	Mandarin Orange Chicken Bowl + Crackers PB&J Sandwich (v) Oranges Chili Carrot Coins Mandarin Crunch Salad 8 oz NF or 1% White Milk or NF Chocolate	Tamales: Chicken & Red Sauce + String Cheese and Beans Bean & Cheese Burrito (v) Sliced Peaches Pico de Gallo, Refried Beans Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Pepperoni Pizza Slice (p) Cheese Pizza Slice (v) Frozen Fruit Cups Canned Corn & Baby Carrots Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate						

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