

# September 2023

## LESD Breakfast Menu - CARSON

MON		TUES		WED		THURS		FRI	
28		29		30		31		9/1	
Bagel & Strawberry Cream Cheese (v)	Variety Cereal (v)	Waffle with Strawberries + Turkey Sausage	Breakfast Wrap: Sausage, Egg & Cheese	Variety Cereal (v)		Sliced Peaches			
Bananas	Apples	Strawberries	Oranges	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		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk	
4		5		6		7		8	
<b>Labor Day</b>		Variety Cereal (v)		Chicken Sausage Breakfast Bagel		Blueberry Yogurt & Granola Cup		Pancake Squares + String Cheese (v)	
*School not in session*		Apples		Strawberries		Oranges		Manager's Choice: Fresh, In Season Fruit	
		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	
Bagel & Strawberry Cream Cheese (v)	Variety Cereal (v)	Waffle with Strawberries + Turkey Sausage	Breakfast Wrap: Sausage, Egg & Cheese	Variety Cereal (v)		Sliced Peaches			
Bananas	Apples	Strawberries	Oranges	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		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	
1/2 Bagel & Sun Butter (v)	Variety Cereal (v)	Chicken Sausage Breakfast Bagel		Blueberry Yogurt & Granola Cup		Pancake Squares + String Cheese (v)			
Bananas	Apples	Strawberries		Oranges		Manager's Choice: Fresh, In Season Fruit			
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	
Bagel & Strawberry Cream Cheese (v)	Variety Cereal (v)	Waffle with Strawberries + Turkey Sausage	Breakfast Wrap: Sausage, Egg & Cheese	Variety Cereal (v)		Sliced Peaches			
Bananas	Apples	Strawberries	Oranges	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		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk	

(p) = Contains Pork

This institution is an equal opportunity provider.

# September 2023

## LESD Lunch Menu - CARSON

MON		TUES		WED		THURS		FRI	
28		29		30		31		9/1	
SunButter & Jelly Sandwich + String Cheese (v)	Chicken Sandwich	Grilled Chicken & Corn + Tortilla Chips	Tamale: Chicken & Red Sauce + String Cheese & Beans	Mozzarella Breadsticks + Marinara Sauce (v)					
Apples	Bananas	Oranges	Sliced Peaches	Manager's Choice: Fresh, In Season Fruit					
Broccoli w/ Ranch	Baby Carrots	Jicama Sticks	Cucumber Slices	Corn or Celery					
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	
<b>Labor Day</b>	Hamburger	Mandarin Orange Chicken Bowl	Bean & Cheese Pupusa with Curtido	Cheese Pizza Slice (v)					
*School not in session*	Bananas	Oranges	Sliced Peaches	100% Fruit Juice					
	Baby Carrots	Cucumber Slices	Baby Carrots	Corn					
	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	
SunButter & Jelly Sandwich + String Cheese (v)	Chicken Sandwich	Grilled Chicken & Corn + Tortilla Chips	Tamale: Chicken & Red Sauce + String Cheese & Beans	Mozzarella Breadsticks + Marinara Sauce (v)					
Apples	Bananas	Oranges	Sliced Peaches	Manager's Choice: Fresh, In Season Fruit					
Broccoli w/ Ranch	Baby Carrots	Jicama Sticks	Cucumber Slices	Corn					
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	
Chicken Nuggets	Hamburger	Mandarin Orange Chicken Bowl	Bean & Cheese Pupusa with Curtido	Cheese Pizza Slice (v)					
Apples	Bananas	Oranges	Sliced Peaches	100% Fruit Juice					
Broccoli w/ Ranch	Baby Carrots	Cucumber Slices	Baby Carrots	Corn					
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	
SunButter & Jelly Sandwich + String Cheese (v)	Chicken Sandwich	Grilled Chicken & Corn + Tortilla Chips	Tamale: Chicken & Red Sauce + String Cheese & Beans	Mozzarella Breadsticks + Marinara Sauce (v)					
Apples	Bananas	Oranges	Sliced Peaches	Manager's Choice: Fresh, In Season Fruit					
Broccoli w/ Ranch	Baby Carrots	Jicama Sticks	Canned Corn	Cucumber Slices					
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  
(p) = Contains Pork

This institution is an equal opportunity provider.