

October 2023

LESD Breakfast Menu

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
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		Grapes	
Dried Cranberries		100% Orange Juice		Applesauce Cups		Dried Cranberries		Apple Chips	
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	
9		10		11		12		13	
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)		Parent/Teacher Conferences	
Frozen Fruit Cup		Apples		Bananas		HOTM: Asian Pear		*School not in session*	
Dried Cranberries		100% Orange Juice		Applesauce Cups		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			
16		17		18		19		20	
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		Grapes	
Dried Cranberries		100% Orange Juice		Applesauce Cups		Dried Cranberries		Apple Chips	
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	
23		24		25		26		27	
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		HOTM: Asian Pear		Grapes	
Dried Cranberries		100% Orange Juice		Applesauce Cups		Oranges		Apple Chips	
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	
30		31		11/1		11/2		11/3	
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		Grapes	
Dried Cranberries		100% Orange Juice		Applesauce Cups		Dried Cranberries		Apple Chips	
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

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October 2023

LESD Elementary School 2nd Chance Breakfast Menu

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
Cinnamon Toast Crunch Cereal Bar + Sunflower Seeds (v)	Strawberry Yogurt Chex Mix + String Cheese (v)	Mantecada Muffin (v)	Mini PB&J Sandwich (v)	Concha (v)					
Frozen Fruit Cup	Apples	Bananas	Oranges	Grapes					
Dried Cranberries	100% Orange Juice	Applesauce Cups	Dried Cranberries	Apple Chips					
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					
9		10		11		12		13	
Variety Cereal + Sunflower Seeds (v)	Banana Chocolate Chunk BeneFit Bar (v)	Variety Cereal + Sunflower Kernels or String Cheese (v)	Mini Yogurt (v) + ChatSnax Graham Crackers (v)	Parent/Teacher Conferences *School not in session*					
Frozen Fruit Cup	Apples	Bananas	HOTM: Asian Pear						
Dried Cranberries	100% Orange Juice	Applesauce Cups	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						
16		17		18		19		20	
Cinnamon Toast Crunch Cereal Bar + Sunflower Seeds (v)	Strawberry Yogurt Chex Mix + String Cheese (v)	Mantecada Muffin (v)	Mini PB&J Sandwich (v)	Concha (v)					
Frozen Fruit Cup	Apples	Bananas	Oranges	Grapes					
Dried Cranberries	100% Orange Juice	Applesauce Cups	Dried Cranberries	Apple Chips					
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					
23		24		25		26		27	
Variety Cereal + Sunflower Seeds (v)	Banana Chocolate Chunk BeneFit Bar (v)	Variety Cereal + Sunflower Kernels or String Cheese (v)	Mini Yogurt (v) + ChatSnax Graham Crackers (v)	Double Chocolate Chip Muffin (v) Grapes Apple Chips					
Frozen Fruit Cup	Apples	Bananas	HOTM: Asian Pear						
Dried Cranberries	100% Orange Juice	Applesauce Cups	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						
30		31		30		31		30	
Cinnamon Toast Crunch Cereal Bar + Sunflower Seeds (v)	Strawberry Yogurt Chex Mix + String Cheese (v)	Mantecada Muffin (v)	Mini PB&J Sandwich (v)	Concha (v)					
Frozen Fruit Cup	Apples	Bananas	Oranges	Grapes					
Dried Cranberries	100% Orange Juice	Applesauce Cups	Dried Cranberries	Apple Chips					
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					

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October 2023 LESD Lunch Menu

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
Chicken Nuggets + Cheez It Crackers	Chicken Sandwich (Spicy or Regular)	Chili Potatoes with Roll	Bean & Cheese Pupusa (v) with Curtido	Pepperoni Pizza Sliders (p)	Mozzarella Breadsticks with Marinara (v)	Grilled Cheese (v)	PB&J Sandwich (v)	Yogurt & Granola (v)	Cheese Pizza Sliders (v)
Apples	Bananas	Oranges	Grapes	Frozen Fruit Cups	Celery Sticks w/ Ranch	Chili Jicama Sticks	Baby Carrots	Refried Beans & Baby Carrots	Canned Corn
Garden Fresh Tossed Salad	Shredded Lettuce & Cheese	Shredded Lettuce & Cheese	Curtido + Pico de Gallo	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate
9		10		11		12		13	
Chicken Drumstick & Waffle	Grass Fed Beef Burger	Mandarin Orange Chicken Bowl + Crackers	Tamales: Chicken & Red Sauce + String Cheese and Beans	Parent/Teacher Conferences *School not in session*	Mac & Cheese with Waffle	Chipotle Black Bean Burger (v)	PB&J Sandwich (v)	Bean & Cheese Burrito (v)	
Apples	Bananas	HOTM: Asian Pear	Grapes						
Celery Sticks w/ Ranch, Corn	Cucumber Cuties, Baby Carrots	Chili Carrot Coins	Pico de Gallo, Refried Beans						
Krypton Kale Salad	Shredded Lettuce & Cheese	Mandarin Crunch Salad	Garden Fresh Tossed Salad						
8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk						
16		17		18		19		20	
Chicken Nuggets + Cheez It Crackers	Chicken Sandwich (Spicy or Regular)	Chili Potatoes with Roll	Bean & Cheese Pupusa (v) with Curtido	Pepperoni Pizza Sliders (p)	Mozzarella Breadsticks with Marinara (v)	Grilled Cheese (v)	PB&J Sandwich (v)	Yogurt & Granola (v)	Cheese Pizza Sliders (v)
Apples	Bananas	Oranges	Grapes	Frozen Fruit Cups	Celery Sticks w/ Ranch	Chili Jicama Sticks	Baby Carrots	Refried Beans & Baby Carrots	Canned Corn
Garden Fresh Tossed Salad	Shredded Lettuce & Cheese	Shredded Lettuce & Cheese	Curtido + Pico de Gallo	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate
23		24		25		26		27	
Chicken Drumstick & Waffle	Grass Fed Beef Burger	Mandarin Orange Chicken Bowl + Crackers	Tamales: Chicken & Red Sauce + String Cheese and Beans	Pepperoni Pizza Slice (p) + Pumpkin Cooki	Mac & Cheese with Waffle	Chipotle Black Bean Burger (v)	PB&J Sandwich (v)	Bean & Cheese Burrito (v)	Cheese Pizza Slice (v) + Pumpkin Cookie
Apples	Bananas	HOTM: Asian Pear	Grapes	Frozen Fruit Cups	Celery Sticks w/ Ranch	Cucumber Cuties	Chili Carrot Coins	Pico de Gallo, Refried Beans	Canned Corn & Baby Carrots
Krypton Kale Salad	Shredded Lettuce & Cheese	Mandarin Crunch Salad	Shredded Lettuce & Cheese	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate
30		31							
Chicken Nuggets + Cheez It Crackers	Chicken Sandwich (Spicy or Regular)	Chili Potatoes with Roll	Bean & Cheese Pupusa (v) with Curtido	Pepperoni Pizza Sliders (p)	Mozzarella Breadsticks with Marinara (v)	Grilled Cheese (v)	PB&J Sandwich (v)	Yogurt & Granola (v)	Cheese Pizza Sliders (v)
Apples	Bananas	Oranges	Grapes	Frozen Fruit Cups	Celery Sticks w/ Ranch	Chili Jicama Sticks	Baby Carrots	Refried Beans & Baby Carrots	Canned Corn
Garden Fresh Tossed Salad	Shredded Lettuce & Cheese	Shredded Lettuce & Cheese	Curtido + Pico de Gallo	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate

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October 2023 LESD Supper Menu

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
Rice Krispie Treat	Meal Break: Beef Stick		ChatSnax Graham Crackers (v)		Tostitos Tortilla Scoops (v)		Cocoa Cherry Bar (v)		
String Cheese (v)			Sunflower Seeds (v)			String Cheese (v)			String Cheese (v)
Sunflower Seeds (v)			Mini Yogurt (v)			Spicy Nacho Chickpeas (v)			Sunflower Seeds (v)
Frozen Fruit Cup			Bananas			Oranges			Grapes
Broccoli w/ Ranch	Baby Carrots		Chili Jicama Sticks			Salsa Cup	Baby Carrots		Baby Carrots
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate		8 oz NF or 1% White Milk			8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk
9		10		11		12		13	
Mini PB& J Sandwich	Chocolate No Nut Butter (v)		Turkey & Cheese Sandwich Wedges with PopChips		Domino's Smart Slice Pizza: Cheese or Pepperoni		Parent/Teacher Conferences *School not in session*		
String Cheese (v)	Birthday Cake Graham Crackers (v)								
Frozen Fruit Cup	String Cheese (v)				HOTM: Asian Pear				
Baby Carrots	Apples		Bananas		Baby Carrots				
8 oz NF or 1% White Milk	Celery Sticks w/ Ranch		Cucumber Cuties						
	8 oz NF or 1% White Milk or NF Chocolate		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk or NF Chocolate				
16		17		18		19		20	
Rice Krispie Treat	Meal Break: Beef Stick		ChatSnax Graham Crackers (v)		Tostitos Tortilla Scoops (v)		Cocoa Cherry Bar (v)		
String Cheese (v)			Sunflower Seeds (v)			String Cheese (v)			String Cheese (v)
Sunflower Seeds (v)			Mini Yogurt (v)			Spicy Nacho Chickpeas (v)			Sunflower Seeds (v)
Frozen Fruit Cup			Bananas			Oranges			Grapes
Broccoli w/ Ranch	Baby Carrots		Chili Jicama Sticks			Salsa Cup	Baby Carrots		Baby Carrots
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate		8 oz NF or 1% White Milk			8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk
23		24		25		26		27	
Mini PB& J Sandwich	Chocolate No Nut Butter (v)		Turkey & Cheese Sandwich Wedges with PopChips		Domino's Smart Slice Pizza: Cheese or Pepperoni		Variety SunChips (v) String Cheese (v) Pineapple Mango Smoothie (v)		
String Cheese (v)	Birthday Cake Graham Crackers (v)								
Frozen Fruit Cup	String Cheese (v)				HOTM: Asian Pear				
Baby Carrots	Apples		Bananas		Baby Carrots				
8 oz NF or 1% White Milk	Celery Sticks w/ Ranch		Cucumber Cuties						
	8 oz NF or 1% White Milk or NF Chocolate		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk or NF Chocolate				8 oz NF or 1% White Milk
30		31		30		31		30	
Rice Krispie Treat	Meal Break: Beef Stick		ChatSnax Graham Crackers (v)		Tostitos Tortilla Scoops (v)		Cocoa Cherry Bar (v)		
String Cheese (v)			Sunflower Seeds (v)			String Cheese (v)			String Cheese (v)
Sunflower Seeds (v)			Mini Yogurt (v)			Spicy Nacho Chickpeas (v)			Sunflower Seeds (v)
Frozen Fruit Cup			Bananas			Oranges			Grapes
Broccoli w/ Ranch	Baby Carrots		Chili Jicama Sticks			Salsa Cup	Baby Carrots		Baby Carrots
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk or NF Chocolate		8 oz NF or 1% White Milk			8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk

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