

October 2023

LESD Preschool Breakfast Menu

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
Pancake Squares + String Cheese (v)	Variety Bagels & Cream Cheese (v)	Variety Cereal (v)	Blueberry Yogurt Cup & Granola	Variety Cereal (v)					
Canned Mixed Fruit	Apples	Bananas	Oranges	Sliced Peaches					
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)	Waffle with Strawberries + Turkey Sausage	Variety Cereal (v)	French Toast with Glazed Peaches (v)	Variety Cereal (v)					
Canned Mixed Fruit	Apples	Bananas	HOTM: Asian Pear	Sliced Peaches					
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					
16		17		18		19		20	
Pancake Squares + String Cheese (v)	Variety Bagels & Cream Cheese (v)	Variety Cereal (v)	Blueberry Yogurt Cup & Granola	Variety Cereal (v)					
Canned Mixed Fruit	Apples	Bananas	Oranges	Sliced Peaches					
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)	Waffle with Strawberries + Turkey Sausage	Variety Cereal (v)	French Toast with Glazed Peaches (v)	Variety Cereal (v)					
Canned Mixed Fruit	Apples	Bananas	HOTM: Asian Pear	Sliced Peaches					
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 Bagels & Cream Cheese (v)	Variety Cereal (v)	Blueberry Yogurt Cup & Granola	Variety Cereal (v)					
Canned Mixed Fruit	Apples	Bananas	Oranges	Sliced Peaches					
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.

October 2023

LESD Preschool Lunch Menu

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
Mozzarella Breadsticks with Marinara (v)	Grilled Cheese (v)	Chili Potatoes with Roll		Bean & Cheese Pupusa (v) with Curtido		Cheese Pizza Sliders(v)		100% Fruit Juice	
Apples	Bananas	Oranges		Sliced Peaches		Garden Fresh Tossed Salad		8 oz NF or 1% White Milk	
Celery Sticks w/ Ranch	Chili Jicama Sticks	Shredded Lettuce & Cheese		Baby Carrots + Pico de Gallo		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			
9		10		11		12		13	
Chicken Drumstick	Grass Fed Beef Burger	Mandarin Orange Chicken Bowl		Tamales: Chicken & Red Sauce + String Cheese + Beans		Pepperoni Pizza Slice (p)		Manager's Choice: Fresh Fruit	
Apples	Bananas	HOTM: Asian Pear		Sliced Peaches		Canned Corn		8 oz NF or 1% White Milk	
Garden Fresh Tossed Salad	Cucumber Cuties	Chili Carrot Coins		Shredded Lettuce & Cheese		8 oz NF or 1% White Milk			
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16		17		18		19		20	
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Apples	Bananas	Oranges		Sliced Peaches		Garden Fresh Tossed Salad		8 oz NF or 1% White Milk	
Celery Sticks w/ Ranch	Chili Jicama Sticks	Shredded Lettuce & Cheese		Baby Carrots + Pico de Gallo		8 oz NF or 1% White Milk			
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Garden Fresh Tossed Salad	Cucumber Cuties	Chili Carrot Coins		Shredded Lettuce & Cheese		8 oz NF or 1% White Milk			
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Celery Sticks w/ Ranch	Chili Jicama Sticks	Shredded Lettuce & Cheese		Baby Carrots + Pico de Gallo		8 oz NF or 1% White Milk			
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Week 1

Week 2

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Week 2

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