

# 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
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		<b>Parent/Teacher Conferences</b> *School not in session*		
String Cheese (v)	Birthday Cake Graham Crackers (v)								
Frozen Fruit Cup	String Cheese (v)								
Baby Carrots	Apples		Bananas		HOTM: Asian Pear				
8 oz NF or 1% White Milk	Celery Sticks w/ Ranch		Cucumber Cuties		Baby Carrots				
	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
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)								
Baby Carrots	Apples		Bananas		HOTM: Asian Pear				
8 oz NF or 1% White Milk	Celery Sticks w/ Ranch		Cucumber Cuties		Baby Carrots				
	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		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
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

(v)= Vegetarian  
(p) = Contains Pork

This institution is an equal opportunity provider.