

October 2023

LESD Breakfast Menu - CARSON

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
1/2 Bagel & Sun Butter (v)	Variety Cereal (v)	Chicken Sausage Breakfast Bagel	Blueberry Yogurt & Granola Cup	Pancake Squares + String Cheese (v)		Manager's Choice: Fresh, In Season Fruit			
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			
9		10		11		12		13	
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		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk	
16		17		18		19		20	
1/2 Bagel & Sun Butter (v)	Variety Cereal (v)	Chicken Sausage Breakfast Bagel	Blueberry Yogurt & Granola Cup	Pancake Squares + String Cheese (v)		Manager's Choice: Fresh, In Season Fruit			
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		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk	
23		24		25		26		27	
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		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk	
30		31		11/1		11/2		11/3	
1/2 Bagel & Sun Butter (v)	Variety Cereal (v)	Chicken Sausage Breakfast Bagel	Blueberry Yogurt & Granola Cup	Pancake Squares + String Cheese (v)		Manager's Choice: Fresh, In Season Fruit			
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		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk	

(p) = Contains Pork

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LESD Lunch Menu - CARSON

MON		TUES		WED		THURS		FRI	
2		3		4		5		6	
Chicken Nuggets	Grass Fed Beef 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					
9		10		11		12		13	
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					
16		17		18		19		20	
Chicken Nuggets	Grass Fed Beef 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					
23		24		25		26		27	
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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					
30		31		11/1		11/2		11/3	
Chicken Nuggets	Grass Fed Beef 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					

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