

November 2023

LESD Breakfast Menu

MON		TUES		WED		THURS		FRI	
30		31		11/1		11/2		11/3 Week 1	
Pancake Squares + Turkey Sausage (v)	Variety Bagels & Cream Cheese (v)	Blueberry Yogurt Cup & Granola	Variety Cereal (v)	Potato & Turkey Sausage Breakfast Wrap					
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					
6		7		8		9		10 Week 2	
Quesadilla + Pico de Gallo Salsa (v)	Waffle with Strawberries + Turkey Sausage	Variety Cereal (v)	French Toast with Glazed Peaches (v)	Veteran's Day Holiday *School not in session*					
Frozen Fruit Cup	Apples	Bananas	HOTM:						
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						
13		14		15		16		17 Week 1	
Pancake Squares + Turkey Sausage (v)	Variety Bagels & Cream Cheese (v)	Blueberry Yogurt Cup & Granola	Variety Cereal (v)	Potato & Turkey Sausage Breakfast Wrap					
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					
20		21		22		23		24 Week 2	
Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*	
27		28		29		30		12/1 Week 2	
Quesadilla + Pico de Gallo Salsa (v)	Waffle with Strawberries + Turkey Sausage	Egg & Cheese English Muffin (v)	French Toast with Glazed Peaches (v)	Variety Cereal (v)					
Frozen Fruit Cup	Apples	Bananas	HOTM:	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					

(v)= Vegetarian

(p) = Contains Pork

This institution is an equal opportunity provider.

November 2023 LESD Lunch Menu

MON		TUES		WED		THURS		FRI	
30		31		11/1		11/2		11/3 Week 1	
Mozzarella Breadsticks with Marinara (v)	Grilled Cheese (v)	Chili Potatoes with Roll	Bean & Cheese Pupusa (v) with Curtido	Cheese Pizza Sliders(v)					
Apples	Bananas	Oranges	Sliced Peaches	100% Fruit Juice					
Celery Sticks w/ Ranch	Chili Jicama Sticks	Shredded Lettuce & Cheese	Baby Carrots + Pico de Gallo	Garden Fresh Tossed Salad					
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					
6		7		8		9		10 Week 2	
Chicken Drumstick	Grass Fed Beef Burger	Mandarin Orange Chicken Bowl + Crackers	Tamales: Chicken & Red Sauce + Pinto Beans	Veteran's Day Holiday *School not in session*					
Apples	Bananas	HOTM:	Strawberry Lemonade Ice (Frozen Juice)						
Corn	Shredded Lettuce & Cheese	Chili Carrot Coins	Garden Fresh Tossed Salad						
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						
13		14		15		16		17 Week 1	
Chicken Nuggets	Grilled Cheese (v)	BBQ Chicken Drumstick + Roll	Bean & Cheese Pupusa (v) with Curtido	Pepperoni Pizza Slice (p)					
Apples	Bananas	Oranges	Grapes	Manager's Choice: Fresh Fruit					
Celery Sticks w/ Ranch	Chili Jicama Sticks	Baby Carrots	Refried Beans & Baby Carrots	Garden Fresh Tossed Salad					
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					
20		21		22		23		24	
Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*	
27		28		29		30		12/1 Week 2	
Chicken Drumstick	Grass Fed Beef Burger	Mandarin Orange Chicken Bowl + Crackers	Bean & Cheese Burrito (v)	Cheese Pizza Sliders(v)					
Apples	Bananas	HOTM:	Grapes	100% Fruit Juice					
Krypton Kale Salad	Cucumber Cuties	Mandarin Crunch Salad	Pico de Gallo, Baby Carrots	Garden Fresh Tossed Salad					
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.