

# July 2024

## LESD Breakfast Menu

MON		TUES		WED		THURS		FRI	
7/1		2		3		4		5	
Cheesy Bolillo with Chorizo Variety Cereal + String Cheese or Sunflower Kernels (v)  Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Concha with Fresh Piña (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Tangerines or Mandarins Fresh Piña 8 oz NF or 1% White Milk	Waffles with Strawberry Sauce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	<b>Independence Day - Holiday</b>  *no meal service*		Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Apple Slices Raisins 8 oz NF or 1% White Milk				
8		9		10		11		12	
Banana Chocolate Chunk BeneFit Bar Variety Cereal + String Cheese or Sunflower Kernels (v)  Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Tangerines or Mandarins Fresh Piña 8 oz NF or 1% White Milk	Cinni Minis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Ham & Cheese Croissant & Fresh Strawberries Variety Cereal + String Cheese or Sunflower Kernels (v)  Peach Slices Apple Chips 8 oz NF or 1% White Milk		Strawberry Parfait & Granola Variety Cereal + String Cheese or Sunflower Kernels (v)  Apple Slices Raisins 8 oz NF or 1% White Milk				
15		16		17		18		19	
Cheesy Bolillo with Chorizo Variety Cereal + String Cheese or Sunflower Kernels (v)  Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Concha with Fresh Piña (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Tangerines or Mandarins Fresh Piña 8 oz NF or 1% White Milk	Waffles with Strawberry Sauce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Quesadilla + Pico de Gallo Salsa (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Peach Slices Apple Chips 8 oz NF or 1% White Milk		Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Apple Slices Raisins 8 oz NF or 1% White Milk				
22		23		24		25		26	
Banana Chocolate Chunk BeneFit Bar Variety Cereal + String Cheese or Sunflower Kernels (v)  Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Tangerines or Mandarins Fresh Piña 8 oz NF or 1% White Milk	Cinni Minis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)  Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Ham & Cheese Croissant & Fresh Strawberries Variety Cereal + String Cheese or Sunflower Kernels (v)  Peach Slices Apple Chips 8 oz NF or 1% White Milk		Strawberry Parfait & Granola Variety Cereal + String Cheese or Sunflower Kernels (v)  Apple Slices Raisins 8 oz NF or 1% White Milk				

(v)= Vegetarian  
 (p) = Contains Pork

This institution is an equal opportunity provider.

# July 2024 LESD Lunch Menu

MON		TUES		WED		THURS		FRI	
7/1		2		3		4		5	
Chicken Nuggies with Fresh Baked Whole Grain Chocolate Chip Cookie	Hot Dog (Grass Fed Beef)	Super Orange Chicken + Crackers		<b>Independence Day - Holiday</b> *no meal servie*		Yummy Pepperoni Pizza Slice (p)		Yummy Cheese Pizza Slice (v)	
Mac and Cheese with Fresh Baked Whole Grain Chocolate Chip Cookie (v)	Grilled Cheese (v)	PB&J Sandwich (v)							
Tangerines or Mandarins	Bahama Bananas	Peach Slices							
Super Celery with Super Ranch	Baked Beans & Baby Carrots with Ranch	Edamame							
Krypton Kale Salad	Shredded Lettuce & Cheese	Mandarin Crunch Salad, Chili Carrot Coins, Edamame							
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 or NF Chocolate		8 oz NF or 1% White Milk or NF Chocolate		8 oz NF or 1% White Milk or NF Chocolate	
8		9		10		11		12	
Chicken Delights	Chicken Alfredo Pasta	Tex Mex Chili + Tortilla Chips		Bean & Cheese Pupusa (v) with Curtido		Beef Taco Stick		Yogurt & Granola (v)	
Mozzarella Pull Aparts with Marinara (v)	Grilled Cheese (v)	PB&J Sandwich (v)		Yogurt & Granola (v)					
Tangerines or Mandarins	Bahama Bananas	Peach Slices		Apple Slices					
Super Celery with Super Ranch	Chili Jicama Sticks	Baby Carrots w/ Ranch & Buffalo Ranch Fava Beans		When Carrot Met Hummus					
Garden Fresh Tossed Salad	Krypton Kale Salad	Homestyle Ranch Salad		Cool Cucumber					
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		8 oz NF or 1% White Milk or NF Chocolate	
15		16		17		18		19	
Chicken Nuggies with Fresh Baked Whole Grain Chocolate Chip Cookie	Hot Dog (Grass Fed Beef)	Super Orange Chicken + Crackers		Tamales: Chicken & Red Sauce + String Cheese		Yummy Pepperoni Pizza Slice (p)		Yummy Cheese Pizza Slice (v)	
Mac and Cheese with Fresh Baked Whole Grain Chocolate Chip Cookie (v)	Grilled Cheese (v)	PB&J Sandwich (v)		The Best Burrito (v)					
Tangerines or Mandarins	Bahama Bananas	Peach Slices		Apple Slices					
Super Celery with Super Ranch	Baked Beans & Baby Carrots with Ranch	Edamame		Pico de Gallo & Cool Cucumber					
Krypton Kale Salad	Shredded Lettuce & Cheese	Mandarin Crunch Salad, Chili Carrot Coins, Edamame		When Carrot Met Hummus, Radish Chips					
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		8 oz NF or 1% White Milk or NF Chocolate	
22		23		24		25		26	
Chicken Delights	Chicken Alfredo Pasta	Tex Mex Chili + Tortilla Chips		Bean & Cheese Pupusa (v) with Curtido		Beef Taco Stick		Yogurt & Granola (v)	
Mozzarella Pull Aparts with Marinara (v)	Grilled Cheese (v)	PB&J Sandwich (v)		Yogurt & Granola (v)					
Tangerines or Mandarins	Bahama Bananas	Peach Slices		Apple Slices					
Super Celery with Super Ranch	Chili Jicama Sticks	Baby Carrots w/ Ranch & Buffalo Ranch Fava Beans		When Carrot Met Hummus					
Garden Fresh Tossed Salad	Krypton Kale Salad	Homestyle Ranch Salad		Cool Cucumber					
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		8 oz NF or 1% White Milk or NF Chocolate	

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