



# Weekly Elementary menu features

October 28 - November 1

**Monday**

October 28

- Chicken Tikka & Tofu **V** Masala over Brown Rice
- Cheese Pizza **V**

**Tuesday**

October 29

- French Toast Sticks, Turkey Sausage Patties, Syrup
- Garden Salad with Croutons **V**

**Wednesday**

October 30

- Turkey Hot Dog
- Fruit & Yo'To Go Box **V**

**Thursday**

October 31

- Pumpkin Shaped Soft Pretzel & Cheese Sauce **V**
- Blueberry Parfait w/Homemade Granola **V**

**Friday**

November 1

- Beef & Lentil **V** Taco Tot'chos with Rolls
- Cheese Pizza **V**



**Big City Bites**

In October we are introducing a flavorful addition to our menu - the Cuban Mojo Chicken Sandwich



**nutrition bites**

**Did you know** that Fat Free milk is available for breakfast?

Please refer to menu on [lwsd.org](http://lwsd.org) for full selection of daily offerings

**WG** = Whole Grain    **V** = Vegetarian