

October 2024

LESD Breakfast Menu

MON		TUES		WED		THURS		FRI	
30		10/1		10/2		10/3		10/4	
Waffles with Strawberry Sauce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Concha (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Cinni Minis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Ham & Cheese Croissant Variety Cereal + String Cheese or Sunflower Kernels (v)	Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
Mandarin Smiles	Peach Slices	Bahama Bananas	Orange Smiles	Apple Slices					
Applesauce Cups	Dried Cranberries	100% Orange Juice	Apple Chips	Raisins					
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					
7		8		9		10		11	
Pan Dulce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	French Toast with Strawberry Sauce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Cinnamon Swirl Pancakes Variety Cereal + String Cheese or Sunflower Kernels (v)	Pupil Free Day *School not in Session*					
Mandarin Smiles	Peach Slices	Bahama Bananas	Harvest of the Month: Sugarbee Apples						
Applesauce Cups	Dried Cranberries	100% Orange Juice	Orange Smiles						
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						
14		15		16		17		18	
Waffles with Strawberry Sauce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Concha (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Cinni Minis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Ham & Cheese Croissant Variety Cereal + String Cheese or Sunflower Kernels (v)	Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
Mandarin Smiles	Peach Slices	Bahama Bananas	Orange Smiles	Apple Slices					
Applesauce Cups	Dried Cranberries	100% Orange Juice	Apple Chips	Raisins					
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					
21		22		23		24		25	
Pan Dulce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	French Toast with Strawberry Sauce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Cinnamon Swirl Pancakes Variety Cereal + String Cheese or Sunflower Kernels (v)	Pupil Free Day *School not in Session*					
Mandarin Smiles	Peach Slices	Bahama Bananas	Harvest of the Month: Sugarbee Apples						
Applesauce Cups	Dried Cranberries	100% Orange Juice	Orange Smiles						
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						
28		29		30		31		11/1	
Waffles with Strawberry Sauce (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Concha (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Cinni Minis (v) Variety Cereal + String Cheese or Sunflower Kernels (v)	Ham & Cheese Croissant Variety Cereal + String Cheese or Sunflower Kernels (v)	Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v)					
Mandarin Smiles	Peach Slices	Bahama Bananas	Orange Smiles	Apple Slices					
Applesauce Cups	Dried Cranberries	100% Orange Juice	Apple Chips	Raisins					
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

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October 2024

LESD Elementary School 2nd Chance Breakfast Menu

MON		TUES		WED		THURS		FRI	
9/30		10/1		10/2		10/3		10/4	
Birthday Cake Bar (v) (2WG) Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Concha (v) Peach Slices Dried Cranberries 8 oz NF or 1% White Milk	Strawberry Yogurt Chex Mix + String Cheese (v) Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Variety Cereal + Sunflower Seeds (v) Orange Smiles Apple Chips 8 oz NF or 1% White Milk	Double Chocolate Chip Muffin (v) Apple Slices Raisins 8 oz NF or 1% White Milk					
7		8		9		10		11	
Pan Dulce (v) Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Variety Cereal + Sunflower Seeds (v) Peach Slices Dried Cranberries 8 oz NF or 1% White Milk	Mini BeneFit Bar + String Cheese (v) Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Campfire S'mores Bar (v) (2WG) Harvest of the Month: Sugarbee Apples Orange Smiles 8 oz NF or 1% White Milk	Pupil Free Day *School not in Session*					
14		15		16		17		18	
Birthday Cake Bar (v) (2WG) Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Concha (v) Peach Slices Dried Cranberries 8 oz NF or 1% White Milk	Cinni Minis (v) Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Variety Cereal + Sunflower Seeds (v) Orange Smiles Apple Chips 8 oz NF or 1% White Milk	Double Chocolate Chip Muffin (v) Apple Slices Raisins 8 oz NF or 1% White Milk					
21		22		23		24		25	
Pan Dulce (v) Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Variety Cereal + Sunflower Seeds (v) Peach Slices Dried Cranberries 8 oz NF or 1% White Milk	Strawberry Yogurt Chex Mix + String Cheese (v) Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Campfire S'mores Bar (v) (2WG) Harvest of the Month: Sugarbee Apples Orange Smiles 8 oz NF or 1% White Milk	Strawberry Parfait & Granola Oranges Raisins 8 oz NF or 1% White Milk					
28		29		30		31		11/1	
Birthday Cake Bar (v) (2WG) Mandarin Smiles Applesauce Cups 8 oz NF or 1% White Milk	Concha (v) Peach Slices Dried Cranberries 8 oz NF or 1% White Milk	Cinni Minis (v) Bahama Bananas 100% Orange Juice 8 oz NF or 1% White Milk	Ham & Cheese Croissant Orange Smiles Apple Chips 8 oz NF or 1% White Milk	Double Chocolate Chip Muffin (v) Apple Slices Raisins 8 oz NF or 1% White Milk					

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October 2024 LESD Lunch Menu

MON	TUES	WED	THURS	FRI
9/30	10/1	10/2	10/3	10/4
Chicken Nuggies with Fresh Baked Whole Grain Chocolate Chip Cookie Mac and Cheese with Fresh Baked Whole Grain Chocolate Chip Cookie (v) Peach Slices Super Celery with Super Ranch Krypton Kale Salad 8 oz NF or 1% White Milk or NF Chocolate	Happy Cheeseburger with Secret Sauce (Grass Fed Beef) Grilled Cheese (v) Bahama Bananas Sliced Tomatoes, Pickles & Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Super Orange Chicken + Crackers PB&J Sandwich (v) Frozen Candy Grapes Chili Lime Carrots, Edamame Mandarin Crunch Salad 8 oz NF or 1% White Milk	Tamales: Chicken & Red Sauce + String Cheese The Best Burrito (v) Apples Pico de Gallo & Cool Cucumber When Carrot Met Hummus, Radish Chips 8 oz NF or 1% White Milk	Yummy Pepperoni Pizza Slice (p) Yummy Cheese Pizza Slice (v) 100% Fruit Juice It's Corn & Baby Carrots & Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate
7	8	9	10	11
Chicken Delights Sandwiches Mozzarella Pull Aparts with Marinara (v) Peach Slices Super Celery with Super Ranch Sliced Tomatoes, Pickles & Shredded Lettuce & Cheese, Mustard, Ketchup 8 oz NF or 1% White Milk or NF Chocolate	Planet Pasta & Sweet Farmer's Market Crackers (v) Yogurt & Granola (v) Bahama Bananas When Carrot Met Hummus Garden Fresh Tossed Salad 8 oz NF or 1% White Milk	Crispy Chicken Drumstick + Cornbread PB&J Sandwich (v) Harvest of the Month: Sugarbee Apples Baby Carrots w/ Ranch & Buffalo Ranch Fava Beans Homestyle Ranch Salad 8 oz NF or 1% White Milk	Cheesy Beef Taco Stick Bean & Cheese Pupusa (v) with Curtido Oranges Chili Jicama Sticks Baby Carrots & Super Ranch 8 oz NF or 1% White Milk	Pupil Free Day *School not in Session*
14	15	16	17	18
Chicken Nuggies with Sweet Crackers (Farmer's Market) Mac and Cheese with Sweet Crackers (Farmer's Market) (v) Peach Slices Super Celery with Super Ranch & Sugar Snap Peas Garden Fresh Tossed Salad, Ketchup, BBQ Sauce 8 oz NF or 1% White Milk or NF Chocolate	Happy Cheeseburger with Secret Sauce (Grass Fed Beef) Grilled Cheese (v) Bahama Bananas Sliced Tomatoes, Pickles & Baby Carrots with Ranch, Mustard, Ketchup Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Super Orange Chicken + Crackers PB&J Sandwich (v) Orange Smiles Chili Lime Carrots & Buffalo Ranch Fava Beans Mandarin Crunch Salad 8 oz NF or 1% White Milk	Tamales: Chicken & Red Sauce + String Cheese The Best Burrito (v) Apple Slices Pico de Gallo & Cool Cucumber When Carrot Met Hummus 8 oz NF or 1% White Milk	Yummy Pepperoni Pizza Slice (p) Yummy Cheese Pizza Slice (v) 100% Fruit Juice It's Corn & Baby Carrots & Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate
21	22	23	24	25
Chicken Delights Sandwiches Mozzarella Pull Aparts with Marinara (v) Peach Slices Super Celery with Super Ranch Sliced Tomatoes, Pickles & Shredded Lettuce & Cheese, Mustard, Ketchup 8 oz NF or 1% White Milk or NF Chocolate	Beef Hot Dog (Grass Fed Beef) Yogurt & Granola (v) Bahama Bananas Chili Jicama Sticks Garden Fresh Tossed Salad, Ketchup, Mustard 8 oz NF or 1% White Milk	Teriyaki Chicken & Rice Bowl + Fortune Cookie PB&J Sandwich (v) Harvest of the Month: Sugarbee Apples Baby Carrots w/ Ranch & Buffalo Ranch Fava Beans Homestyle Ranch Salad 8 oz NF or 1% White Milk	Cheesy Beef Taco Stick Bean & Cheese Pupusa (v) with Curtido Oranges When Carrot Met Hummus Cool Cucumber 8 oz NF or 1% White Milk	Planet Pasta & Sweet Farmer's Market Crackers (v) Grilled Cheese (v) Fruity Frozen Cup It's Corn, Baby Carrots & Super Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate
28	29	30	31	11/1
Chicken Nuggies with Whole Grain Pumpkin Shaped Cookie Mac and Cheese with Whole Grain Pumpkin Shaped Cookie (v) Peach Slices Super Celery with Super Ranch & Sugar Snap Peas Garden Fresh Tossed Salad, Ketchup, BBQ Sauce 8 oz NF or 1% White Milk or NF Chocolate	Happy Cheeseburger with Secret Sauce (Grass Fed Beef) Grilled Cheese (v) Bahama Bananas Sliced Tomatoes, Pickles & Baby Carrots with Ranch, Mustard, Ketchup Shredded Lettuce & Cheese 8 oz NF or 1% White Milk	Super Orange Chicken + Crackers PB&J Sandwich (v) Orange Smiles Chili Lime Carrots & Buffalo Ranch Fava Beans Mandarin Crunch Salad 8 oz NF or 1% White Milk	Tamales: Chicken & Red Sauce + String Cheese The Best Burrito (v) Apple Slices Pico de Gallo & Cool Cucumber When Carrot Met Hummus 8 oz NF or 1% White Milk	Yummy Pepperoni Pizza Slice (p) Yummy Cheese Pizza Slice (v) 100% Fruit Juice It's Corn & Baby Carrots & Super Ranch Garden Fresh Tossed Salad 8 oz NF or 1% White Milk or NF Chocolate

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