

# October 2025

## LESD Preschool Breakfast Menu

| MON                    |                           | TUES                             |   | WED                        |  | THURS                    |                          | FRI                      |                          |
|------------------------|---------------------------|----------------------------------|---|----------------------------|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 29                     |                           | 30                               |   | 10/1                       |  | 10/2                     |                          | 10/3                     |                          |
| Variety Cereal (v)     | Bagels & Cream Cheese (v) | French Toast with Turkey Sausage | Chicken Sausage & Cheese Breakfast Sandwich | Variety Cereal (v)         | California Citrus & Harvest of the Month: Organic Dragonfruit  | Apples                   | Variety Cereal (v)       | California Citrus        | 8 oz NF or 1% White Milk |
| California Citrus      | Bahama Bananas            | 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 |
| 6                      |                           | 7                                |   | 8                          |  | 9                        |                          | 10                       |                          |
| Ham & Cheese Croissant | Variety Cereal (v)        | Chocolate Chip Muffin (v)        | Variety Cereal (v)                          | Variety Cereal (v)         | California Citrus  | Sliced Peaches           | Variety Cereal (v)       | California Citrus        | 8 oz NF or 1% White Milk |
| California Citrus      | Bahama Bananas            | 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 |
| 13                     |                           | 14                               |   | 15                         |  | 16                       |                          | 17                       |                          |
| Variety Cereal (v)     | Bagels & Cream Cheese (v) | Variety Cereal (v)               | Chicken Sausage & Cheese Breakfast Sandwich | Waffle with Turkey Sausage | California Citrus & Harvest of the Month: Applesauce Cup & Harvest of the Month: Organic Dragonfruit | Applesauce Cups          | Variety Cereal (v)       | California Citrus        | 8 oz NF or 1% White Milk |
| California Citrus      | Bahama Bananas            | 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 |
| 20                     |                           | 21                               |   | 22                         |  | 23                       |                          | 24                       |                          |
| Ham & Cheese Croissant | Variety Cereal (v)        | Chocolate Chip Muffin (v)        | Variety Cereal (v)                          | Variety Cereal (v)         | California Citrus  | Sliced Peaches           | Variety Cereal (v)       | California Citrus        | 8 oz NF or 1% White Milk |
| California Citrus      | Bahama Bananas            | 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 |
| 27                     |                           | 28                               |   | 29                         |  | 30                       |                          | 31                       |                          |
| Variety Cereal (v)     | Bagels & Cream Cheese (v) | Variety Cereal (v)               | Chicken Sausage & Cheese Breakfast Sandwich | Waffle with Turkey Sausage | California Citrus & Harvest of the Month: Applesauce Cup   | Apples                   | Variety Cereal (v)       | California Citrus        | 8 oz NF or 1% White Milk |
| California Citrus      | Bahama Bananas            | 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 |

(v)= Vegetarian  
(p) = Contains Pork

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## LESD Preschool Menu

| MON                               |  | TUES   |  | WED  |  | THURS  |  | FRI  |  |
|-----------------------------------|--|--|--|--|--|--|--|--|--|
| 29                                |  | 30   |  | 10/1   |  | 10/2   |  | 10/3   |  |
| Chicken Delights Sandwiches       |  | Mac and Cheese (v)   |  | Fresh & Tasty Breaded Chicken and Cornbread* |  | Yucatan Style Carnitas & Chips (p)             |  | Chicken Tenders                              |  |
| Bahama Bananas                    |  | Applesauce Cup & Harvest of the Month: Organic Dragonfruit |  | Frozen Fruit Cup                             |  | California Citrus                              |  | Watermelon                                   |  |
| Baby Carrots                      |  | Broccoli with Super Ranch                                  |  | Homestyle Ranch Salad, Baby Carrots          |  | Chili Jicama Sticks, Shredded Lettuce & Cheese |  | It's Corn, Ketchup                           |  |
| 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                     |  |
| <b>California Crunch Day</b>      |  |  |  |  |  |  |  |  |  |
| 6                                 |  | 7  |  | 8  |  | 9  |  | 10   |  |
| Grilled Cheese (v)                |  | Chicken Nuggies  |  | Super Orange Chicken & Organic Fried Rice    |  | Chicken & Red Sauce Tamales + String Cheese    |  | Yummy Cheese Pizza Slice (v)                 |  |
| Bahama Bananas                    |  | Applesauce Cup   |  | Frozen Fruit Cup                             |  | California Citrus                              |  | Apples                                       |  |
| Broccoli w/ Ranch                 |  | Baby Carrots, Ketchup                                      |  | Edamame                                      |  | Cool Cucumber                                  |  | It's 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                     |  |
| <b>National School Lunch Week</b> |  |  |  |  |  |  |  |  |  |
| 13                                |  | 14   |  | 15   |  | 16   |  | 17   |  |
| Mozzarella Pull Aparts            |  | Beef Rolled Taco   |  | Teriyaki Chicken & Organic Brown Rice        |  | BBQ Pulled Pork + Roll (p)                     |  | Chicken Tenders                              |  |
| Bahama Bananas                    |  | Applesauce Cup & Harvest of the Month: Organic Dragonfruit |  | Frozen Fruit Cup                             |  | California Citrus                              |  | Watermelon                                   |  |
| Baby Carrots, Marinara Sauce      |  | Broccoli   |  | Baby Carrots                                 |  | Jicama Sticks                                  |  | It's Corn, Ketchup                           |  |
| 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   |  |
| Grilled Cheese (v)                |  | Chicken Nuggies  |  | Super Orange Chicken & Organic Fried Rice    |  | Chicken & Red Sauce Tamales + String Cheese    |  | Yummy Cheese Pizza Slice (v)                 |  |
| Bahama Bananas                    |  | Applesauce Cup   |  | Frozen Fruit Cup                             |  | California Citrus                              |  | Watermelon                                   |  |
| Broccoli w/ Ranch                 |  | Baby Carrots, Ketchup                                      |  | Edamame                                      |  | Cool Cucumber                                  |  | It's 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                     |  |
| 27                                |  | 28   |  | 29   |  | 30   |  | 31   |  |
| Mozzarella Pull Aparts            |  | Beef Rolled Taco   |  | Teriyaki Chicken & Organic Brown Rice        |  | BBQ Pulled Pork + Roll (p)                     |  | Fresh & Tasty Breaded Chicken and Cornbread* |  |
| Bahama Bananas                    |  | Applesauce Cup   |  | Frozen Fruit Cup                             |  | California Citrus                              |  | Watermelon                                   |  |
| Baby Carrots, Marinara Sauce      |  | Broccoli   |  | Baby Carrots                                 |  | Jicama Sticks                                  |  | It's 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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