

October 2025

LESD Breakfast Menu - CARSON

MON		TUES		WED		THURS		FRI	
29		30		10/1		10/2		10/3	
Bagel & Cream Cheese (v)	Variety Cereal (v)	Strawberry Parfait & Granola	Waffle + Turkey Sausage	Cinnamon Swirl Pancakes (v)					
Applesauce Cups	Bahama Bananas	Strawberries	Orange Smiles or Apple Slices	Apple Slices					
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	
Bagel & Cream Cheese (v)	Variety Cereal (v)	Chocolate Chip Muffin (v)	Variety Cereal (v)	French Toast (v)					
Applesauce Cups	Bahama Bananas	Orange Smiles	Orange Smiles or Apple Slices	Apple Slices					
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	
Bagel & Cream Cheese (v)	Variety Cereal (v)	Strawberry Parfait & Granola	Waffle + Turkey Sausage	Cinnamon Swirl Pancakes (v)					
Applesauce Cups	Bahama Bananas	Strawberries	Orange Smiles or Apple Slices	Apple Slices					
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	
Bagel & Cream Cheese (v)	Variety Cereal (v)	Chocolate Chip Muffin (v)	Variety Cereal (v)	French Toast (v)					
Applesauce Cups	Bahama Bananas	Orange Smiles	Orange Smiles or Apple Slices	Apple Slices					
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	
Bagel & Cream Cheese (v)	Variety Cereal (v)	Strawberry Parfait & Granola	Waffle + Turkey Sausage	Cinnamon Swirl Pancakes (v)					
Applesauce Cups	Bahama Bananas	Strawberries	Orange Smiles or Apple Slices	Apple Slices					
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

Made from Scratch in our Kitchen

This institution is an equal opportunity provider.

October 2025

LESD Lunch Menu - CARSON

MON		TUES		WED		THURS		FRI	
29		30		10/1		10/2		10/3	
Bean & Cheese Burrito (v)	Grilled Cheese (v)	Mandarin Orange Chicken & Organic Brown Rice Applesauce Cups & Harvest of the Month: Organic Dragonfruit				Tamale: Chicken & Red Sauce & String Cheese		Chicken Nuggies	
Bahama Bananas	100% Fruit Juice					Orange Smiles		Sliced Peaches	
Broccoli w/ Ranch 8 oz NF or 1% White Milk	Baby Carrots 8 oz NF or 1% White Milk					Baby Carrots 8 oz NF or 1% White Milk		Cool Cucumbers 8 oz NF or 1% White Milk	
6		7		8		9		10	
Hamburger (Grass Fed Beef)	Chicken Delights	Mozzarella Pull Aparts		Beef Rolled Taco (v)		Yummy Pepperoni Pizza Slice			
Bahama Bananas	Orange Smiles	Apple Slices		Orange Smiles		Sliced Peaches			
Broccoli w/ Ranch	Cool Cucumbers	Marinara Sauce, Baby Carrots		Cool Cucumbers		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			
13		14		15		16		17	
Bean & Cheese Burrito (v)	Grilled Cheese (v)	BBQ Pulled Pork & Roll (p) Applesauce Cups & Harvest of the Month: Organic Dragonfruit				Tamale: Chicken & Red Sauce & String Cheese		Chicken Nuggies	
Bahama Bananas	100% Fruit Juice					Orange Smiles		Sliced Peaches	
Broccoli w/ Ranch 8 oz NF or 1% White Milk	Baby Carrots 8 oz NF or 1% White Milk					Baby Carrots 8 oz NF or 1% White Milk		Cool Cucumbers 8 oz NF or 1% White Milk	
20		21		22		23		24	
Hamburger (Grass Fed Beef)	Chicken Delights	Mozzarella Pull Aparts		Beef Rolled Taco (v)		Yummy Pepperoni Pizza Slice			
Bahama Bananas	Orange Smiles	Apple Slices		Orange Smiles		Sliced Peaches			
Broccoli w/ Ranch	Cool Cucumbers	Marinara Sauce, Baby Carrots		Cool Cucumbers		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	
Bean & Cheese Burrito (v)	Grilled Cheese (v)	BBQ Pulled Pork & Roll (p)				Tamale: Chicken & Red Sauce & String Cheese		Chicken Nuggies	
Bahama Bananas	100% Fruit Juice					Orange Smiles		Sliced Peaches	
Broccoli w/ Ranch 8 oz NF or 1% White Milk	Baby Carrots 8 oz NF or 1% White Milk					Baby Carrots 8 oz NF or 1% White Milk		Cool Cucumbers 8 oz NF or 1% White Milk	

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