

October 2026

LESD Preschool Breakfast Menu

MON		TUES		WED		THURS		FRI	
28		29		30		10/1		10/2	
Ham & Cheese Croissant		Variety Cereal (v)		Chocolate Muffin (v) 		Mini Pancakes (v)		French Toast with Turkey Sausage Link	
Plums or Pluots		Bahama Bananas		Valencia Orange Smiles		Apples		100% Orange Juice	
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	
5		6		7		8		9	
Variety Cereal (v)		Variety Cereal (v)		Chocolate Muffin (v) 		Variety Cereal (v)		Buttery Waffle (v)	
Plums or Pluots		Bahama Bananas		Pink Lady Apples		Sliced Peaches		100% Orange Juice	
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	
12		13		14		15		16	
Ham & Cheese Croissant		Variety Cereal (v)		Chocolate Chip Muffin (v) 		Mini Pancakes (v)		French Toast with Turkey Sausage Link	
Plums or Pluots		Satsuma Mandarins		Valencia Orange Smiles		Fuji or Honeycrisp Apples		Pears	
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	
19		20		21		22		23	
Variety Cereal (v)		Variety Cereal (v)		Chocolate Muffin (v) 		Variety Cereal (v)		Buttery Waffle (v)	
Bahama Bananas		Plums or Pluots		Pink Lady Apples		Sliced Peaches		100% Orange Juice	
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	
26		27		28		29		30	
Ham & Cheese Croissant		Variety Cereal (v)		Chocolate Chip Muffin (v) 		Mini Pancakes (v)		Variety Cereal (v)	
Plums or Pluots		Satsuma Mandarins		Valencia Orange Smiles		Fuji or Honeycrisp Apples		Pears	
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 2026

LESD Preschool Lunch Menu

MON		TUES		WED		THURS		FRI	
28		29		30		10/1		10/2	
Beef Taco Stick		Cheesy Breadsticks (v)		Pollo Asado with Frijoles de la Olla, Fire Grilled Chicken with Stewed Pinto Beans and Organic Brown Rice 		Chicken & Red Sauce Tamale + String Cheese		Fresh & Tasty Breaded Chicken & Cornbread  Choice of Applesauce Cups or Fresh Fruit	
Bahama Bananas		Valencia Orange Smiles		Frozen Fruity Cups		Watermelon			
Steamed Broccoli		Baby Carrots with Super Ranch, Mini Marinara Sauce Dipping Cups		It's Corn		Chili Jicama Sticks		Baby Carrots & Super Ranch	
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	
5		6		7		8		9	
Grilled Cheese (v)		Chicken Nuggies		Super Orange Chicken & Organic Fried Rice 		Yummy Pepperoni Pizza Slice 		Cheesy Pinwheel (v)	
Bahama Bananas		Pink Lady Apples		Plums or Pluots		Applesauce Cups		Frozen Fruity Cups	
Baby Carrots with Ranch		Baby Carrots, Ketchup		It's Corn, Edamame		Cool Cucumber		Baby Carrots & Super Ranch	
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	
12		13		14		15		16	
The Best Burrito (v)		Chicken Delights Sandwiches		Pollo Asado with Frijoles de la Olla, Fire Grilled Chicken with Stewed Pinto Beans and Organic Brown Rice 		Chicken & Red Sauce Tamale + String Cheese		Fresh & Tasty Breaded Chicken & Cornbread  Choice of Applesauce Cups or Fresh Fruit	
Satsuma Tangerines		Valencia Orange Smiles		Frozen Fruity Cups		Pears		Baby Carrots	
Steamed Broccoli		Baby Carrots with Super Ranch		It's Corn		Chili Jicama Sticks		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			
19		20		21		22		23	
Grilled Cheese (v)		Chicken Nuggies		Super Orange Chicken & Organic Fried Rice 		Yummy Pepperoni Pizza Slice 		Cheesy Pinwheel (v)	
Bahama Bananas		Pink Lady Apples		Plums or Pluots		Applesauce Cups		Frozen Fruity Cups	
Baby Carrots with Ranch		Baby Carrots, Ketchup		It's Corn, Edamame		Cool Cucumber		Baby Carrots & Super Ranch	
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	
26		27		28		29		30	
The Best Burrito (v)		Chicken Delights Sandwiches		Pollo Asado with Frijoles de la Olla, Fire Grilled Chicken with Stewed Pinto Beans and Organic Brown Rice 		Chicken & Red Sauce Tamale + String Cheese		Fresh & Tasty Breaded Chicken & Cornbread  Choice of Applesauce Cups or Fresh Fruit	
Satsuma Tangerines		Valencia Orange Smiles		Frozen Fruity Cups		Pears		Baby Carrots	
Steamed Broccoli		Baby Carrots with Super Ranch		It's Corn		Chili Jicama Sticks		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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