

# Lanesboro 2022-2023 Cycle Menu

\*Subject to change due to availability & price

## October

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3 Breakfast</b> Whole-grain waffles or cold cereal, milk, or juice</p> <p><b>Lunch</b> Pizza, broccoli, garden salad, pears, milk</p>	<p><b>4 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken nuggets, carrots Caesar salad, bread &amp; butter, applesauce, milk</p>	<p><b>5 Breakfast</b> Whole-grain English muffin w/ sausage &amp; cheese or cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Pulled pork on a bun, baked beans, chips, pasta coleslaw salad, peaches, milk</p>	<p><b>6 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Walking Tacos, salad bar fixings, corn, fresh fruit, milk</p>	<p><b>7 Breakfast</b> Cinnamon rolls or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Spaghetti w/ meat sauce, green beans, breadstick, pineapple, milk</p>
<p><b>10 Breakfast</b> Pancake or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Italian dunkers, green beans, garden salad, fresh fruit, milk</p>	<p><b>11 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Tatter tot hot dish, corn, Caesar salad, applesauce, bread &amp; butter, milk</p>	<p><b>12 Breakfast</b> French toast sticks or cold cereal, sausage links, syrup, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chili w/ crackers, sliced cheese, carrots &amp; broccoli w/ dip, applesauce or apple crisp, milk</p>	<p><b>13 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken strips, mashed potatoes, bread &amp; butter garden salad, fresh fruit, milk</p>	<p><b>14 Breakfast</b> Cinnamon rolls or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Macaroni &amp; Cheese, carrots, Caesar salad, peaches, milk</p>
<p><b>17 Breakfast</b> Whole-grain waffles or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Hot dog on bun, baked beans, pasta coleslaw salad, fruit, milk</p>	<p><b>18 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Roast beef with gravy, mashed potatoes, corn, Caesar salad, fresh fruit, milk</p>	<p><b>19 Breakfast</b> Breakfast pizza or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Hot ham &amp; cheese, green beans, chips, peaches, Caesar salad, milk</p>	<p><b>20</b> <b>No school</b></p>	<p><b>21</b> <b>No school</b></p>
<p><b>24 Breakfast</b> Pancake or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Scalloped potatoes &amp; ham Carrots, breads &amp; butter, garden salad, pineapple, milk</p>	<p><b>25 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken patty on a bun, garden salad, broccoli, applesauce, , milk</p>	<p><b>26 Breakfast</b> French toast sticks w/ syrup or cold cereal, sausage links, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken noodle soup, Egg or cheese Sandwich, garden salad, fresh fruit, milk</p>	<p><b>27 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Beef stroganoff, corn, bread stick, Caesar salad, fresh fruit, milk</p>	<p><b>28 Breakfast</b> Cinnamon rolls or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Turkey &amp; ham &amp; cheese hoagies, garden fixings, chips, green beans, mandarin oranges, milk</p>
<p><b>31 Breakfast</b> Whole-grain waffles or cold cereal, milk, baked apples or juice</p> <p><b>Lunch</b> Pizza, green beans, garden salad, mandarin oranges, milk</p>				