Lanesboro 2021-2022 Cycle Menu

*Subject to change due to availability & price

October

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Cinnamon roll or cold cereal, milk, fresh fruit or juice **Lunch** Spaghetti w/ meat sauce, steamed broccoli, breadstick, pineapple, milk
4 Breakfast Pancake or cold cereal, milk, fresh fruit or juice **Lunch** Cheesy hash browns with beef , peas, Caesar salad, fresh fruit, milk	**5 Breakfast** Whole-grain English muffin w/ sausage & cheese or cold cereal, milk, fresh fruit or juice **Lunch** Chicken quesadilla, corn,salad bar fixings, corn chips, pears, milk	**6 Breakfast** French toast sticks or cold cereal, sausage links, syrup, milk, fresh fruit or juice **Lunch** Chili w/ crackers, sliced cheese, carrots & broccoli w/ dip, applesauce or apple crisp, milk	**7 Breakfast** Breakfast pizza or cold cereal, milk, fresh fruit or juice **Lunch** Beef stew, mixed veg's bread & butter, garden salad, fresh fruit, milk	**8 Breakfast** Cinnamon roll or cold cereal, milk, fresh fruit or juice **Lunch** Macaroni & Cheese, green beans, Caesar salad peaches, milk
11 Breakfast Whole-grain waffle or cold cereal, milk, fresh fruit or juice **Lunch** Chicken patty on bun, garden bar fixings, carrots, pears, milk	**12 Breakfast** Pancake on a stick or cold cereal, milk, fresh fruit or juice **Lunch** Popcorn chicken mashed potato bowl, corn, bread and butter, fresh fruit, milk	**13 Breakfast** Banana bread, yoghurt or cold cereal, milk, fresh fruit or juice **Lunch** Potato & ham soup, Egg or cheese Sandwich, garden salad, mixed fruit, milk	**14 Breakfast** Cheese omelet, toast Cold cereal, juice or fresh fruit, milk **Lunch** Beef Stroganoff, corn, Caesar salad, bread and butter, fresh fruit, milk	**15 Breakfast** Cinnamon roll or cold cereal, milk, fresh fruit or juice **Lunch** Hot dog on bun, baked beans, coleslaw, fresh fruit milk
18 Breakfast Pancake or cold cereal, milk, fresh fruit or juice **Lunch** Pizza, green beans, Caesar salad, mandarin oranges, milk	**19 Breakfast** Whole-grain English muffin w/ sausage & cheese or cold cereal, milk, fresh fruit or juice **Lunch** lasagna, carrots, breadstick, garden salad, fresh fruit, milk	**20 Breakfast** French toast sticks w/ syrup or cold cereal, sausage links, milk, fresh fruit or juice **Lunch** BBQ on bun, French fries garden salad, peaches, milk	**21** **No school**	**22** **No school**
25 Breakfast Whole-grain waffle or cold cereal, milk, fresh fruit or juice **Lunch** Scalloped potatoes & ham corn, Caesar salad, bread & butter, fresh fruit, milk	**26 Breakfast** Pancake on a stick or cold cereal, milk, fresh fruit or juice **Lunch** Chicken nuggets, carrots garden salad, bread & butter, applesauce, milk	**27 Breakfast** Muffin, yoghurt or cold cereal, milk, fresh fruit or juice **Lunch** Pulled pork on a bun, baked beans, coleslaw, peaches, milk	**28 Breakfast** Cheese omelet, toast Cold cereal, juice or fresh fruit, milk **Lunch** Walking Tacos, salad bar fixings, corn, fresh fruit, milk	**29 Breakfast** Cinnamon roll or cold cereal, milk, fresh fruit or juice **Lunch** Spaghetti w/ meat sauce, steamed broccoli, breadstick, pineapple, milk