

Lanesboro 2019-2020 Cycle Menu

*Subject to change due to availability & price

October

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Breakfast Whole-grain English muffin w/ sausage & cheese or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Chicken strips, carrots, garden salad, applesauce, milk</p>	<p>2 Breakfast Apple feudal pastry or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Pulled pork on a bun, baked beans, coleslaw, peaches, milk</p>	<p>3 Breakfast Scrambled eggs & toast or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Beef nachos, salad bar fixings, corn, fresh fruit, milk</p>	<p>4 Breakfast Baked donut or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Spaghetti w/ meat sauce, broccoli, breadstick, pineapple, milk</p>
<p>7 Breakfast Pancake or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Cheesy turkey on a bun, peas, Caesar salad, fresh fruit, milk</p>	<p>8 Breakfast Pancake on a stick or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Chicken fajita salad, corn, salad bar fixings, corn chips, pears, milk</p>	<p>9 Breakfast French toast sticks or cold cereal, sausage links, syrup, milk, fresh fruit or juice</p> <p>Lunch Chili w/ crackers, sliced cheese, carrots & broccoli w/ dip, applesauce or apple crisp, milk</p>	<p>10 Breakfast Breakfast pizza or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Beef stroganoff, mixed veg's, bread & butter, garden salad, fresh fruit, milk</p>	<p>11 Breakfast Baked donut or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Macaroni & Cheese, green beans, Caesar salad, peaches, milk</p>
<p>14 Breakfast Whole-grain waffle or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Hot dog on bun, baked beans, coleslaw, honeydew milk</p>	<p>15 Breakfast Whole-grain English muffin w/ sausage & cheese or cereal, milk, fresh fruit or juice</p> <p>Lunch Popcorn chicken mashed potato bowl, corn, bread and butter, fresh fruit, milk</p>	<p>16 Breakfast Apple feudal pastry or cold cereal, milk, fresh fruit or juice</p> <p>Lunch BBQ on a bun, French fries, green beans, Caesar salad, applesauce, milk</p>	<p>17</p> <p style="text-align: center;">No school</p>	<p>18</p> <p style="text-align: center;">No school</p>
<p>21 Breakfast Pancake or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Scalloped potatoes & ham Carrots, Caesar salad, bread & butter, fresh fruit, milk</p>	<p>22 Breakfast Pancake on a stick or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Chicken patty on a bun, salad fixings, broccoli, applesauce, milk</p>	<p>23 Breakfast French toast sticks w/ syrup or cold cereal, sausage links, milk, fresh fruit or juice</p> <p>Lunch Tomato Pasta Soup, Grilled Cheese, Chef's Choice Vegetable, peaches, milk</p>	<p>24 Breakfast Breakfast pizza or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Turkey gravy over mashed potatoes, corn, bread & butter, garden salad, fresh fruit, milk</p>	<p>25 Breakfast Baked donut or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Turkey, ham & cheese hoagies, garden fixings, green beans, mandarin oranges, milk</p>
<p>28 Breakfast Whole-grain waffle or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Pizza, green beans, Caesar salad, mandarin oranges, milk</p>	<p>29 Breakfast Whole-grain English muffin w/ sausage & cheese or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Chicken nuggets, carrots garden salad, bread & butter, applesauce, milk</p>	<p>30 Breakfast Apple feudal pastry or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Pulled pork on a bun, baked beans, coleslaw, peaches, milk</p>	<p>31 Breakfast Scrambled eggs & toast or cold cereal, milk, fresh fruit or juice</p> <p>Lunch Walking Tacos, salad bar fixings, corn, fresh fruit, milk</p>	