

# Lanesboro 2022-2023 Cycle Menu

\*Subject to change due to availability & price

## September

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>No School</b></p>	<p><b>6 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken nuggets, green beans, bread butter, applesauce, milk</p>	<p><b>7 Breakfast</b> Banana bread, yoghurt or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Pizza, carrots, garden salad mandarin oranges, milk</p>	<p><b>8 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> BBQ on a bun, corn, bacon &amp; cheese pea salad, Caesar salad, fresh fruit, milk</p>	<p><b>9 Breakfast</b> Baked donut or cold cereal fresh fruit or juice, milk</p> <p><b>Lunch</b> Chicken patty, baked beans Caesar salad, fresh fruit milk</p>
<p><b>12 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>13 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken quesadilla, salad bar fixings, black bean salad corn, pears, milk</p>	<p><b>14 Breakfast</b> French toast sticks/ sausage link or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Beef &amp; noodles, carrots, bread &amp; butter, Caesar salad, fresh fruit, milk</p>	<p><b>15 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken Alfredo, steamed broccoli, salad bar, bread &amp; butter, fresh fruit, milk</p>	<p><b>16 Breakfast</b> Baked donut or cold cereal fresh fruit or juice, milk</p> <p><b>Lunch</b> Spaghetti w/ meat sauce, broccoli, breadstick, pineapple, milk</p>
<p><b>19 Breakfast</b> waffles or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Hot dog on bun, baked beans, coleslaw, honeydew , milk</p>	<p><b>20 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Beef taco, garden bar fixings, corn, fresh fruit, pears, milk</p>	<p><b>21 Breakfast</b> Breakfast pizza or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Sweet &amp; sour chicken, rice, steamed broccoli, garden salad, pineapple, milk</p>	<p><b>22 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Meatballs w/ gravy, mashed potatoes, carrots, bread and butter, fresh fruit, milk</p>	<p><b>23 Breakfast</b> Baked donut or cold cereal fresh fruit or juice, milk</p> <p><b>Lunch</b> Turkey, ham &amp; cheese hoagies, garden fixings, green beans, fruit, milk</p>
<p><b>26 Breakfast</b> Pancakes or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Toastie Dogs, baked beans, garden salad, chips, fruit, milk</p>	<p><b>27 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Turkey gravy, mashed potatoes, corn, Caesar salad, bread &amp; butter, fresh fruit, milk</p>	<p><b>28 Breakfast</b> French toast sticks/ sausage link or cold cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Tomato Pasta Soup, Grilled Cheese, Chef's Choice Vegetable, peaches, milk</p>	<p><b>29 Breakfast</b> Cereal, milk, fresh fruit or juice</p> <p><b>Lunch</b> Chicken nachos, salad bar fixings, black bean salad, corn, fresh fruit, milk</p>	<p><b>30 Breakfast</b> Baked donut or cold cereal fresh fruit or juice, milk</p> <p><b>Lunch</b> Macaroni &amp; Cheese, carrots, Caesar salad, fresh peaches, milk</p>