

Monday	Tuesday	Wednesday	Thursday	Friday
Lanesboro 2022-2023 Menu *Subject to change due to availability & price December				
			1 Breakfast Cereal or pumpkin bread, milk, fresh fruit or juice Lunch Swedish meatballs over egg noodles, broccoli, breadsticks, pears, milk	2 Breakfast Cinnamon roll or cold cereal, milk, fresh fruit or juice Lunch Spaghetti w/ meat sauce, peas, garlic bread, pineapple, milk
5 Breakfast Whole-grain waffle or cold cereal, milk, fresh fruit or juice Lunch Sweet & sour chicken, rice, garden salad, mixed vegetables, peaches, milk	6 Breakfast Cereal or banana bread, milk, fresh fruit or juice Lunch Tacos, salad fixings, corn, black bean salad, fresh fruit, milk	7 Breakfast French toast sticks or cold cereal, sausage links, milk fresh fruit or juice Lunch Chili w/ crackers, sliced cheese, carrots & broccoli w/ dip, applesauce or apple crisp, milk	8 Breakfast Cereal or pumpkin bread, milk, fresh fruit or juice Lunch Chicken Alfredo, peas, breadstick, garden salad, fresh fruit, milk	9 Breakfast Cinnamon roll or cold cereal, milk, fresh fruit or juice Lunch Hot ham & Cheese, green beans, Caesar salad, fresh oranges, milk Grades 7-12, Chef Salad
12 Breakfast Pancake or cold cereal, milk, fresh fruit or juice Lunch Pizza, green beans, Caesar salad, mandarin oranges, milk Grades 7-12, Chef Salad	13 Breakfast Cereal or banana bread, milk, fresh fruit or juice Lunch Ham, cheesy potatoes, Caesar salad, dinner roll, Christmas cookie, fruit, milk	14 Breakfast Breakfast pizza or cold cereal, milk, fresh fruit or juice Lunch Chicken and dumpling soup, egg or cheese sandwich, garden salad, mixed fruit, milk	15 Breakfast Cereal or pumpkin bread, milk, fresh fruit or juice Lunch Meatloaf, mashed potatoes w/ butter, bread & butter, corn, Caesar salad, fresh fruit, milk	16 Breakfast Cinnamon roll or cold cereal, milk, fresh fruit or juice Lunch Waffle w/ syrup, sausage link, hash browns, fresh fruit, milk
19 Breakfast Whole-grain waffle or cold cereal, milk, fresh fruit or juice Lunch Chicken patty on bun, garden bar fixings, broccoli, Caesar salad, oranges, milk	20 Breakfast Cereal or banana bread, milk, fresh fruit or juice Lunch Goulash, corn, bread & butter, garden salad, pears, milk	21 Breakfast Pancake on a stick or cold cereal, milk, fresh fruit or juice Lunch BBQ on bun, tater tots, Caesar salad, peaches, milk	22 Breakfast Cereal or pumpkin bread, milk, fresh fruit or juice No lunch	23 Christmas Break
26 Christmas Break	27 Christmas Break	28 Christmas Break	29 Christmas Break	30 <u>Grades 7-12</u> Chef Salad counts for your meal with fruit and milk. There will be ham or turkey, cheese, and vegetables in the salad served with salad dressing. <i>(You don't get the main entrée with chef salad.)</i>