

# LAHS/LAMS Breakfast Menu

## October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cereal Toast, Fruit, Juice Milk	2 Cereal Toast, Fruit, Juice Milk	3 French Toast Fruit, Juice, Milk	4 Cereal, Oatmeal, Muffin, Fruit, Juice, Milk	5 Cheese Omelet Toast, Fruit, Juice, Milk	6 Long Johns Cereal, Fruit, Juice, Milk	7
8 Cereal, Toast, Fruit, Juice, Milk	9 Cereal, Toast, Fruit, Juice, Milk	10 Pancakes, Sausage, Fruit, Juice, Milk	11 Cereal, Oatmeal, Muffin, Fruit, Juice, Milk	12 Biscuit, Egg & Cheese, Fruit, Juice, Milk	13 Breakfast Cookie, Yogurt, Fruit, Juice, Milk	14
15 Cereal, Toast, Fruit, Juice, Milk	16 Cereal, Toast, Fruit, Juice, Milk	17 Breakfast Burrito, Fruit, Juice, Milk	18 Cereal, Oatmeal, Muffin, Fruit, Juice, Milk	19 No School	20 No School	21
22 Cereal, Toast Fruit, Juice, Milk	23 Cereal, Toast Fruit, Juice, Milk	24 Scrambled Eggs, English Muffin, Fruit, Juice, Milk	25 Late Start – No Breakfast Served	26 Breakfast Pizza, Fruit, Juice, Milk	27 Assorted Rolls Fruit, Juice, Milk	28
29 Cereal, Toast, Fruit, Juice, Milk	30 Cereal, Toast, Fruit, Juice, Milk	31 Pancake Corn dog, Fruit, Juice, Milk				

# LAHS/LAMS Lunch Menu

## October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Taco in a Bag Refried Beans	Scalloped Pot. Ham Corn, Bun	Biscuit/Gravy Hash Browns	Cheeseburger Wrap Green Beans	Pretzel Dogs Potato Salad		
8	9	10	11	12	13	14
BBQ's Curly Fries	Sweet & Sour Chicken Rice Egg Roll	Hamburgers Hash Browns Beans	Chicken Strips Mashed Pot. Gravy Slice Bread	Pizza Spudsters		
15	16	17	18	19	20	21
Chicken Drumstick Twice Baked Pot. Roll	3 Bean Chili Corn Muffins	Subs Chips Coleslaw	No School	No School		
22	23	24	25	26	27	28
Spaghetti Meatsauce Garlic Bread	Meatloaf Mashed Pot. Corn, Roll	Hot dogs French Fries	Grilled Cheese Cheeseburger Soup	French Bread Pizza Green Beans Marinara		
29	30	31				
Chicken Nachos Black Beans	Mr. Rib Criss Cut Pot.				Salad Bar, Fruit, Milk served with every meal	