



# October

## Breakfast and Lunch

**Free Meals for children 18 and under. Please pre-order meals every Monday on our website [lesd79.org](http://lesd79.org) and pick up on Friday's @10:00 am**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Mini Strawberry Cream Cheese Filled Bagel Fruits Apple Juice  Ham & Cheese Sandwich, Celery Sticks, Diced Peaches Lite Ranch	<b>2</b> Strawberry Pop-Tart Strawberry Yogurt Orange Wedges  Banana  Bean & Cheese Burrito Diced Pears Corn Niblets	<b>3</b> Soft Filled Bar Cinnamon Toast Crunch Mixed Fruit  Chicken Fajita Quesadilla Diced Peaches Refried Beans
<b>4</b> Rice Krispie Apple Cinn.Bar Diced Pears  Mozzarella Cheese Sticks w/ Marinara Mixed Fruit Peas	<b>5</b> Cereal Variety Mozzarella String Cheese Mixed Fruit  Cheeseburger Orange Wedges Vegetarian Baked Beans	<b>6</b> Apple Frudel Orange Juice  Deli Turkey Sandwich Carrot Sticks Diced Peaches Lite Ranch	<b>7</b> Cereal Variety Diced Peaches  Fish Sticks Diced Pears Potato Wedges	<b>8</b> Blueberry Muffin Strawberry Banana Yogurt Apple Juice  Chicken Fajita Quesadilla Apple Slices Refried Beans	<b>9</b> Strawberry Pop-Tart Orange Wedges  Round Cheese Pizza Mixed Fruit Green Beans	<b>10</b> Cocoa Super Donut Apples  Cook's Choice Fruits Apples Vegetables Carrot Coins
<b>11</b> Cheerios Strawberry Cereal Bar Diced Pears  Crispy Chicken Sandwich Diced Pears Mixed Vegetables	<b>12</b> Cereal Variety Mozzarella String Cheese Mixed Fruit  BBQ Pulled Pork Sandwich Orange Wedges Vegetarian Baked Beans	<b>13</b> Mini Cinnis - Cinnamon Rolls Orange Juice  Snackable Pack Celery Sticks Apple Slices	<b>14</b> Cereal Variety Mozzarella String Cheese Diced Peaches  Crispy Chicken Nuggets W/ Roll Mixed Fruit Steamed Broccoli BBQ Sauce Cup	<b>15</b> Mini Strawberry Cream Cheese Filled Bagel Apple Juice  Ham & Cheese Sandwich Celery Sticks Diced Peaches Lite Ranch	<b>16</b> Strawberry Pop-Tart Strawberry Banana Yogurt Orange Wedges  Bean & Cheese Burrito Diced Pears Corn Niblets	<b>17</b> Soft Filled Bar Cinnamon Toast Crunch Apples  Chicken Fajita Quesadilla Diced Peaches Refried Beans
<b>18</b> Rice Krispie Apple Cinn.Bar Diced Pears  Mozzarella Cheese Sticks w/ Marinara Mixed Fruit	<b>19</b> Cereal Variety Mozzarella String Cheese Mixed Fruit Apples  Cheeseburger Orange Wedges Vegetarian Baked Beans	<b>20</b> Apple Frudel Orange Juice  Deli Turkey Sandwich Carrot Sticks Diced Peaches Lite Ranch Dressing	<b>21</b> Cereal Variety Diced Peaches.  Fish Sticks Diced Pears Potato Wedges	<b>22</b> Blueberry Muffin Strawberry Banana Yogurt Apple Juice  Chicken Fajita Quesadilla Apple Slices Refried Beans	<b>23</b> Strawberry Pop-Tart Mixed Fruit Orange Wedges  Round Cheese Pizza Mixed Fruit Green Beans	<b>24</b> Cocoa Super Donut Apples  Corn Dog Fruits Apples Vegetables Carrot Coins
<b>25</b> Cheerios Strawberry Cereal Bar Diced Pears  Crispy Chicken Sandwich Diced Pears Mixed Vegetables	<b>26</b> Cereal Variety Mozzarella String Cheese Mixed Fruit  BBQ Pulled Pork Sandwich Orange Wedges Vegetarian Baked Beans	<b>27</b> Mini Cinnis - Cinnamon Rolls Orange Juice  Snackable Pack Celery Sticks Apple Slices	<b>28</b> Cereal Variety Mozzarella String Cheese Diced Peaches  Crispy Chicken Nuggets Grains w/ Roll Mixed Fruit Steamed Broccoli	<b>29</b> Mini Strawberry Cream Cheese Filled Bagel Apple Juice  Ham & Cheese Sandwich Celery Sticks Diced Peaches	<b>30</b> Strawberry Pop-Tart Strawberry Banana Yogurt Orange Wedges  Bean & Cheese Burrito Diced Pears Corn Niblets	<b>31</b> Soft Filled Bar Cinnamon Toast Crunch Mixed Fruit  Chicken Fajita Quesadilla Diced Peaches Refried Beans

**All meals are served with a Fat Free Milk.**

**Menu subject to change.**

**This Institution is an equal opportunity provider.**