



# Lindop School District 92 October 2017 Sunrise Starters Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 2</b> <b>Cold Cereal*</b> Yogurt 100% Juice Fresh Apple or Orange	<b>October 3</b> <b>Biscuit* with Sausage Gravy &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange	<b>October 4</b> <b>Egg &amp; Cheese on an English Muffin*</b> 100% Juice Fresh Apple or Orange	<b>October 5</b> <b>Yogurt Parfait with Fruit &amp; Granola*</b> 100% Juice Fresh Apple or Orange	<b>October 6</b> <b>Scrambled Egg Breakfast Tortilla* with Flame-Roasted Pepper, Onion &amp; Salsa</b> 100% Juice Fresh Apple or Orange
<b>October 9</b>  <b>No School</b>	<b>October 10</b> <b>Pancake Wrap*^</b> 100% Juice Fresh Apple or Orange	<b>October 11</b> <b>Orange Creamsicle Smoothie</b> Strawberry Oatmeal Bar* 100% Juice Fresh Apple or Orange	<b>October 12</b> <b>Cinnamon Raisin Bagel* with Cream Cheese</b> 100% Juice Fresh Apple or Orange	<b>October 13</b> <b>Cheese Omelet with Toast*, Margarine &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange
<b>October 16</b> <b>Cold Cereal*</b> Yogurt 100% Juice Fresh Apple or Orange	<b>October 17</b> <b>Turkey Sausage &amp; Cheese Breakfast Sandwich*</b> 100% Juice Fresh Apple or Orange	<b>October 18</b> <b>Yogurt Parfait with Granola*</b> 100% Juice Fresh Apple or Orange	<b>October 19</b> <b>Scrambled Eggs, Turkey Sausage &amp; Toast* with Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange	<b>October 20</b> <b>French Toast Sticks* with Syrup</b> 100% Juice Fresh Apple or Orange
<b>October 23</b> <b>Bacon &amp; Egg Breakfast Square*</b> 100% Juice Fresh Apple or Orange	<b>October 24</b> <b>Strawberry Pineapple Smoothie</b> Apple Oatmeal Bar* 100% Juice Fresh Apple or Orange	<b>October 25</b> <b>Cheese Omelet with Toast*, Margarine &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange	<b>October 26</b> <b>Oatmeal* with Cinnamon Yogurt, Toast*, Margarine &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange	<b>October 27</b> <b>Cold Cereal*</b> Blueberry Muffin* 100% Juice Fresh Apple or Orange
<b>October 30</b> <b>Cold Cereal*</b> Yogurt 100% Juice Fresh Apple or Orange	<b>October 31</b> <b>Biscuit* with Sausage Gravy &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange			

## ADDITIONAL ITEMS SERVED EACH DAY:

Blueberry or banana muffins\* / Assorted cereals\* / Yogurt cups / Fresh fruit / Bread\* / 100% apple juice and orange juice / Skim and 1% white milk with no artificial growth hormones or antibiotics / Jelly / Margarine

\*=Whole-grain item / ^=Item contains pork

Menu subject to change based on availability and quality of food items

This institution is an equal opportunity employer

## Have You Tried School Breakfast?

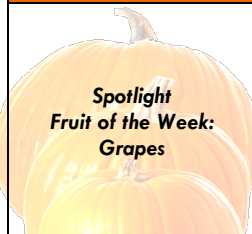
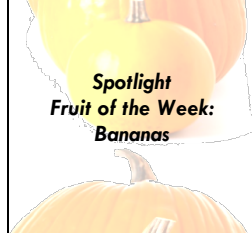


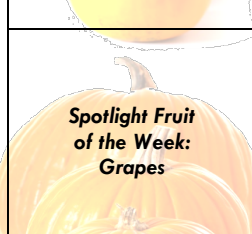
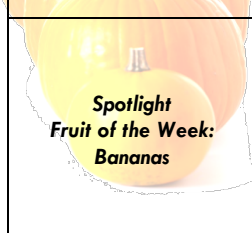


# Lindop School District 92

## K-8 LunchSmart Menu

### October 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Spotlight Fruit of the Week: Grapes</b></p>	<b>October 2</b> <b>Orange Chicken</b> Brown Rice* Sliced Carrots Peaches	<b>October 3</b> <b>All-Beef Hot Dog on a Bun*</b> Oven-Baked Spiral-Cut French Fries Mixed Fruit	<b>October 4</b> <b>Popcorn Chicken Bowl with Mashed Potatoes &amp; Corn* &amp; Honey Wheat Dinner Roll*</b> Pineapple	<b>October 5</b> <b>Rotini* with Homemade Meat Sauce</b> Broccoli Florets Applesauce	<b>October 6</b> <b>Bean &amp; Cheese Chalupa* with Garnish Cup &amp; Salsa</b> Black Beans California Blend Veggies Pears
 <p><b>Spotlight Fruit of the Week: Bananas</b></p>	<b>October 9</b>  <p style="text-align: center;"><b>No School</b></p>	<b>October 10</b> <b>All-American Cheeseburger on a Bun* with Lettuce &amp; Tomato</b> Parsley Redskin Potatoes Snickerdoodle Cookie* Peaches	<b>October 11</b> <b>Honey Mustard Chicken on Flatbread*</b> Baby Carrots Pineapple	<b>October 12</b> <b>Build-Your-Own Crunchy Beef Tacos* with Garnish Cup &amp; Salsa</b> Brown Rice* Refried Beans Corn Applesauce	<b>October 13</b> <b>Turkey Ham &amp; Cheese on a Pretzel Roll*</b> Mini Potato Pancakes Homemade Pickles Spiced Apples with Cream / Pears  
 <p><b>Spotlight Fruit of the Week: Fresh Pears</b></p>	<b>October 16</b> <b>Chicken Parmesan Sandwich on a Bun*</b> California Blend Veggies Peaches	<b>October 17</b> <b>Beef Sloppy Joe on a Bun*</b> Kettle-Baked Beans Oven-Baked Spiral-Cut French Fries Mixed Fruit	<b>October 18</b> <b>Handcrafted Mac &amp; Cheese* with Honey Wheat Dinner Roll*</b> Broccoli Florets Pineapple	<b>October 19</b> <b>Meat Loaf with Mashed Potatoes &amp; Gravy</b> Animal Crackers* Applesauce	<b>October 20</b> <b>Chicken Nuggets* with Twisted Garlic Breadstick* &amp; BBQ Dipping Sauce</b> Baby Carrots Pears
 <p><b>Spotlight Fruit of the Week: Grapes</b></p>	<b>October 23</b> <b>BBQ Pulled Pork on a Pretzel Roll*<sup>A</sup></b> Corn Peaches	<b>October 24</b> <b>Grilled Chicken Sandwich* with Lettuce &amp; Tomato</b> Marinated Three-Bean Salad California Blend Veggies Mixed Fruit	<b>October 25</b> <b>Spaghetti* with Turkey Meatballs, Marinara &amp; Garlic Bread*</b> Broccoli Florets Pineapple	<b>October 26</b> <b>Greek-Style Chicken &amp; Honey Wheat Dinner Roll*</b> Brown Rice* Green Beans Snickerdoodle Cookie* Applesauce	<b>October 27</b> <b>Homemade Cheese Pizza*</b> Baby Carrots Strawberry-Kiwi Slushie Pears
 <p><b>Spotlight Fruit of the Week: Bananas</b></p>	<b>October 30</b> <b>Chicken Tenders* with BBQ Dipping Sauce &amp; Breadstick*</b> Broccoli Florets Peaches	<b>October 31</b> <b>Beef Fajitas with Tortillas*, Flame-Roasted Pepper &amp; Onion &amp; Salsa</b> Baby Carrots Mixed Fruit	<p><b>Smart Snacks</b></p> <p>Smart snacking keeps your energy level high and your weight down. If you need an energy boost during the day, try nutrient-rich foods from the grains, fruits, vegetables, dairy, and protein food groups. Have you tried healthy snacks such as baby carrots with low-fat ranch dressing or whole-grain crackers with string cheese? They taste good and give you vitamins and minerals your body needs.</p>		

**Served Each Day: Salad / Fresh Fruit / Sunbutter & Jelly Sandwich\* with Yogurt / Skim and 1% White Milk Plus Fat-Free Chocolate Milk**

\* = Item contains whole grains / ^ = Item contains pork / L = Locally sourced  
 Milk served with lunch contains no artificial growth hormones or antibiotics  
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**Celebrate Oktoberfest with Ceres on October 13!**