

# LYMAN SCHOOL LUNCH OCTOBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <u>Breakfast</u> -Mini Bites, Fruit, Fruit Juice <u>Lunch</u> -Hotdog/Bun, Carrots, Broccoli & Cheese, Fruit	<b>2</b> <u>Breakfast</u> -Bagel w/ Toppings, Fruit Juice <u>Lunch</u> -Hamburger Deluxe on Bun, Baked Beans, Fruit	<b>3</b> <u>Breakfast</u> -Pancakes, Fruit, Fruit Juice <u>Lunch</u> -Turkey, Gravy, Mashed Potatoes, Fruit, Bun	<b>4</b> <u>Breakfast</u> -UBR, Fruit Juice <u>Lunch</u> -Fruit, Super Nachos, Romaine Lettuce, Red Peppers,	<b>5</b>
<b>6</b>	<b>7</b> <u>Breakfast</u> -Cereal, Fruit, Fruit Juice <u>Lunch</u> -Chicken Fajita, Softshell, Fruit, Romaine Lettuce, Grape Tomatoes	<b>8</b> <u>Breakfast</u> -Breakfast Pizza, Fruit, Fruit Juice <u>Lunch</u> -Chicken Nuggets, Mashed Potatoes, Fruit, Carrots, Bun	<b>9</b> <u>Breakfast</u> -Benefit Bar, Fruit, Fruit Juice <u>Lunch</u> -Pizza, Corn, Sweet Peppers, Fruit	<b>10</b> <u>Breakfast</u> -Breakfast Wrap, Fruit, Fruit Juice <u>Lunch</u> -Taco Burger, Lettuce, Baked Beans, Fruit	<b>11</b> <u>Breakfast</u> -French Toast Sticks, Fruit, Fruit Juice <u>Lunch</u> -Hot Ham & Cheese, Smilies, Broccoli, Fruit	<b>12</b>
<b>13</b>	<b>14</b> <b>NO SCHOOL</b>	<b>15</b> <u>Breakfast</u> -Mini Bites, Fruit, Fruit Juice <u>Lunch</u> -Super Nachos, Romaine Lettuce, Fruit, Grape Tomatoes	<b>16</b> <u>Breakfast</u> -Omelet, Toast, Fruit, Fruit Juice <u>Lunch</u> -Deluxe Chicken Patty Bun, Wedges, Fruit	<b>17</b> <u>Breakfast</u> -Muffin, Fruit, Fruit Juice <u>Lunch</u> -French Bread Pizza, Marinara Sauce, Corn, Fruit	<b>18</b> <u>Breakfast</u> -Breakfast Pizza, Fruit, Fruit Juice <u>Lunch</u> -Sandwich, Chips, Carrots, Celery, Fruit	<b>19</b>
<b>20</b>	<b>21</b> <u>Breakfast</u> -Cereal, Yogurt, Fruit, Fruit Juice <u>Lunch</u> -Chicken Nuggets, Mashed Potatoes, Fruit, Carrots, Bun	<b>22</b> <u>Breakfast</u> -Biscuit and Gravy, Fruit, Fruit Juice <u>Lunch</u> -Spaghetti w/Meat Sauce, Breadstick (9-12) Green Beans, Fruit	<b>23</b> <u>Breakfast</u> -Pancakes, Fruit, Fruit Juice <u>Lunch</u> -Chicken Fajita, Softshell Romaine Lettuce, Fruit, Grape Tomatoes	<b>24</b> <u>Breakfast</u> -Cinnamon Toast Crunch Breakfast Bar, Fruit, Fruit Juice <u>Lunch</u> -BBQ on Bun, Fries, Broccoli, Fruit	<b>25</b> <b>NO SCHOOL</b>	<b>26</b>
<b>27</b>	<b>28</b> <u>Breakfast</u> -French Toast Sticks, Fruit, Fruit Juice <u>Lunch</u> -Hamburger Gravy over Biscuit, Peas, Carrots, Fruit	<b>29</b> <u>Breakfast</u> -Cinnamon Roll, Fruit, Fruit Juice <u>Lunch</u> -Chicken Fried Steak, Mashed Potatoes, Gravy, Fruit, Bun	<b>30</b> <u>Breakfast</u> -Breakfast Pizza, Fruit, Fruit Juice <u>Lunch</u> -Chicken Patty, Bun, Tri Tater, Broccoli, Fruit	<b>31</b> <u>Breakfast</u> -Rice Krispy Bar, Cheese Stick, Fruit, Fruit Juice <u>Lunch</u> -Hamburger, Bun, Baked Beans, Green Beans, Fruit		

\*\*All Meals Include Garden Bar or Garden Bowl that offers at least 1/2 cup of dark green veggies & assorted fruits & veggies to assist with meeting weekly menu requirements.

\*\* All meals include 1 cup choice of regular or lactose-free flavored or unflavored skim milk or unflavored 1%