

LYMAN SCHOOL LUNCH, OCTOBER, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>Breakfast</u> -Breakfast Pizza, Fruit, Fruit Juice, Milk <u>Lunch</u> -BBQ on Bun, Fries, Baked Beans, Fruit, Milk, 2nd Fruit Choice	2 <u>Breakfast</u> -Mini Bites, Fruit, Fruit Juice, Milk <u>Lunch</u> -Pizza, Salad, Carrots, Fruit, Milk, 2nd Fruit Choice	3 <u>Breakfast</u> - Cereal , Yogurt, Fruit, Fruit Juice, Milk <u>Lunch</u> - Chicken Fried Steak, Mashed Potatoes, Gravy, Broccoli, Bun, Fruit, Milk, 2nd Fruit	4
5	6 <u>Breakfast</u> -Mini Bites, Fruit, Fruit Juice, Milk <u>Lunch</u> -Hotdog, Bun, Broccoli and Cheese, Wedges, Fruit, Milk, 2nd Fruit Choice	7 <u>Breakfast</u> -Breakfast Wrap, Fruit, Fruit Juice, Milk <u>Lunch</u> -Chicken Wrap, Lettuce, Rice, Corn, Fruit, Milk, 2nd Fruit Choice	8 <u>Breakfast</u> -Waffle Sticks, Fruit, Fruit Juice, Milk <u>Lunch</u> - Spaghetti, Salad, Green Beans, Bread Stick, Fruit, Milk, 2nd Fruit	9 <u>Breakfast</u> -Breakfast Pizza, Fruit, Fruit Juice, Milk <u>Lunch</u> -Taco Salad, Chips, Beans, Cookie, Fruit, Milk, 2nd Fruit Choice	10 <u>Breakfast</u> -Whole Grain Muffin, Fruit, Fruit Juice, Milk <u>Lunch</u> Chicken Flat Bread, Lettuce, Carrots, Fruit, Milk, 2nd Fruit Choice	11
12	13 Teacher In-Service No School	14 <u>Breakfast</u> -Cereal, Yogurt, Fruit, Fruit Juice, Milk <u>Lunch</u> -Taco Burger, Tri-tater, Green Beans, Fruit, Milk, 2nd Fruit Choice	15 <u>Breakfast</u> -Granola Bar, Fruit, Fruit Juice, Milk <u>Lunch</u> -BBQ Chicken, Baked Beans, Mashed Potato, Bun, Fruit, Milk, 2nd Fruit	16 <u>Breakfast</u> -Breakfast Sandwich, Fruit, Fruit Juice, Milk <u>Lunch</u> - Pizza, Broccoli, Carrots, Fruit, Milk, 2nd Fruit Choice	17 <u>Breakfast</u> -Mini Bites, Fruit, Fruit Juice, Milk <u>Lunch</u> -Sandwich, Chips, Lettuce, Fruit, Milk, 2nd Fruit Choice	18
19	20 <u>Breakfast</u> -French Toast, Fruit, Fruit Juice, Milk <u>Lunch</u> -Hamburger, Bun, Lettuce, Tomato, Carrots, Fries, Fruit, Milk, 2nd Fruit Choice	21 <u>Breakfast</u> -Breakfast Bar, Fruit, Fruit Juice, Milk <u>Lunch</u> -Chicken Quesadilla, Corn Chips, Salsa, Beans, Fruit, Milk, 2nd Fruit Choice	22 <u>Breakfast</u> -WG Bagel with Toppings, Fruit, Fruit Juice, Milk <u>Lunch</u> -Corndogs, Wedges, Green Beans, Fruit, Milk, 2nd Fruit	23 <u>Breakfast</u> -Omelet, Toast, Fruit, Fruit Juice, Milk <u>Lunch</u> -Max Snack Taco, Lettuce, Fresh Broccoli, Fruit, Milk, 2nd Fruit Choice	24 Fall Break No School	25
26	27 <u>Breakfast</u> -Cereal, String Cheese, Fruit, Fruit Juice, Milk <u>Lunch</u> - Cheese Breadstick, Marana Sauce, Salad, Fruit, Milk, 2nd Fruit Choice	28 <u>Breakfast</u> -Breakfast Scramble, Fruit, Fruit Juice, Milk <u>Lunch</u> - Chicken Nuggets, Mashed Potatoes, Salad, Fruit, Milk, 2nd Fruit Choice	29 <u>Breakfast</u> -French Toast Sticks, Fruit, Fruit Juice, Milk <u>Lunch</u> -BBQ Chicken, Carrots, Green Beans, Biscuit, Fruit, Milk, 2nd Fruit Choice	30 <u>Breakfast</u> -Breakfast Sandwich, Fruit, Fruit Juice, Milk <u>Lunch</u> -Chili, Crackers, Cinnamon Roll, Vegetables, Fruit, Milk, 2nd Fruit Choice	31 <u>Breakfast</u> -WG Muffin, Fruit, Fruit Juice, Milk <u>Lunch</u> - Hamburger, Bun, Lettuce, Tomato, Fries, Carrots, Fruit, Milk, 2nd Fruit Choice	