



Lakewood School District

All Lunches include 3 entrée choices.
The hot choice, a chef salad or a yogurt combo meal.

November 2009



Monday

BREAKFAST 2
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH
Chicken Soft Taco
Refried beans
Cinnamon Churro
Fruit & Veggie Choices
Milk Choice

BREAKFAST 9
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH
Hot dog
Picnic Beans
Fruit & Veggie Choices
Milk Choice

BREAKFAST 16
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH
Chicken Burger
Baked Tots
Fruit & Veggie Choices
Milk Choice

BREAKFAST 23
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH CHOICES
Cheeseburger
Baked Fries
Fruit & Veggie Choices
Milk Choice

BREAKFAST 30
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH CHOICES
Pepperoni Pizza
Green Salad w/ranch
Fruit & Veggie Choices
Milk Choice

Tuesday

BREAKFAST 3
Ham & Cheese Muffin
Fruit, Milk
LUNCH
Pancakes, Ham
Hash browns
Fruit & Veggie Choices
Milk Choice

BREAKFAST 10
Pancakes & syrup
Fruit, Milk
LUNCH
Spaghetti w/meat sauce
Green beans
Garlic roll
Fruit & Veggie Choices
Milk Choice

BREAKFAST 17
French Toast w/syrup
Fruit, Milk
LUNCH
Turkey Gravy over Mashed
Potatoes, Cranberry sauce,
Green Beans, Roll
Fruit & Veggie Choices
Milk Choice

BREAKFAST 24
Cinnamon Rolls
Fruit, Milk
LUNCH CHOICES
Chicken Nuggets
Sliced Apple pouch
Fruit & Veggie Choices
Milk Choice

Guess What?

On November 26, 1789, President George Washington proclaimed the first national Thanksgiving Day in the United States.

Wednesday

BREAKFAST 4
Egg & Cheese Roll up
Fruit, Milk
LUNCH
Nachos w/meat & Cheese
Frozen Juice Bar
Fruit & Veggie Choices
Milk Choice

11
NO SCHOOL
VETERANS DAY

BREAKFAST 18
Egg & Cheese Muffin
Fruit, Milk
LUNCH
Nachos w/meat & Cheese
Frozen Juice Bar
Fruit & Veggie Choices
Milk Choice

25
NO SCHOOL

Thursday

BREAKFAST 5
Cherry Turnover
Fruit, Milk
LUNCH
Teriyaki Dippers/Rice
Pineapple Tidbits
Fruit & Veggie Choices
Milk Choice

BREAKFAST 12
Breakfast Pizza
Fruit, Milk
LUNCH
Chicken Nuggets
Baked Fries
Fruit & Veggie Choices
Milk Choice

BREAKFAST 19
Yogurt, Bagel
Fruit, Milk
LUNCH
Corn dog
Picnic beans
Fruit & Veggie Choices
Milk Choice

26
NO SCHOOL
THANKSGIVING

Friday

BREAKFAST 6
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH
Chicken Burger
Baked Fries
Fruit & Veggie Choices
Milk Choice

BREAKFAST 13
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH
Cheese Pizza
Green Salad w/ranch
Fruit & Veggie Choices
Milk Choice

BREAKFAST 20
Cereal Choice, Cinn. Toast,
Fruit, Milk
LUNCH
Texas Toast
Green salad w/ranch
Fruit & Veggie Choices
Milk Choice

27
NO SCHOOL

A La Carte

In addition to this menu, MS and HS offer Pizza, Chicken burgers, and Burrito entrée choices. The HS also offers a 'made to order' Deli Sandwich Bar.

Lunches at all schools include at least 5 fruit and veggie choices and choice of white or chocolate milk.

Prices for the 09/10 School year are:

- BREAKFAST.....\$1.50
- Free or Reduced...N/C
- LUNCH
- K-5.....\$2.75
- 6-12.....\$3.00
- Reduced 4-12...\$.40
- Reduced K-3...N/C
- Milk Only.....\$.50

You can pay for meals in the cafeteria or on-line at www.mymealtime.com.

The Lakewood School District is and equal opportunity provider.

The menu is subject to change without notice.

