

Monday

Tuesday

Wednesday

Thursday

Friday

Guess What?

Pumpkins were once recommended for removing freckles and curing snakebites. The largest pumpkin pie ever made weighed over 350 pounds.

5
BREAKFAST
Cereal Choice, Cinn. Toast
Fruit, Milk
LUNCH
Chicken Burger
Baked Fries
Fruit & Veggy Choices
Milk

6
BREAKFAST
Warm Cherry Turnovers
Fruit, Milk
LUNCH
Pancakes w/syrup
Omelets, Hash browns
Fruit & Veggy Choices
Milk

7
BREAKFAST
Egg & Cheese Muffin
Fruit, Milk
LUNCH
Nachos w/meat & Cheese
Frozen Juice Bar
Fruit & Veggy Choices
Milk

8
BREAKFAST
Pancakes w/syrup,
Fruit, Milk
LUNCH
Spaghetti w/ meat sauce
Green Salad w/ranch
Buttered Garlic Roll
Fruit & Veggy Choices
Milk

9
BREAKFAST
Cereal Choice, Cinn. Toast
Fruit, Milk
LUNCH
Hamburger w/lettuce & Pickle
Applesauce Cup
Fruit & Veggy Choices
Milk

12
BREAKFAST
Cereal Choice, Cinn. Toast
Fruit, Milk
LUNCH
Corn dog
Picnic Beans
Fruit & Veggy Choices
Milk

13
BREAKFAST
Blueberry Muffins,
Fruit, Milk
LUNCH
Beef Teriyaki Dippers w/rice
Pineapple Tidbits
Fruit & Veggy Choices
Milk

14
BREAKFAST
Breakfast Pizza
Fruit, Milk
LUNCH
Chix Soft Taco
Mexi Wedges
Fruit & Veggy Choices
Milk

15
BREAKFAST
Yogurt, English Muffin,
Fruit, Milk
LUNCH
Sloppy Joe
Baked Fries
Fruit & Veggy Choices
Milk

16
BREAKFAST
Cereal Choice, Cinn. Toast
Fruit, Milk
LUNCH
Cheese Pizza
Green Salad w/ranch
Fruit & Veggy Choices
Milk

19
BREAKFAST
Cereal Choice, Cinn. Toast
Fruit, Milk
LUNCH
Bean Burrito w/Salsa
Sliced Strawberries
Fruit & Veggy Choices
Milk

20
BREAKFAST
Ham & Cheese Muffin
Fruit, Milk
LUNCH
Fruited Yogurt,
Bagel Bar, String cheese
Fruit & Veggy Choices
Milk

21
BREAKFAST
Pancake sausage stick
Fruit, Milk
LUNCH
Nachos w/meat & Cheese
Frozen Juice Bar
Fruit & Veggy Choices
Milk

22
BREAKFAST
French Toast, syrup
Fruit, Milk
LUNCH
Chicken Burger
Confetti Fries
Fruit & Veggy Choices
Milk

23
BREAKFAST
Cereal Choice, Cinn. Toast
Fruit, Milk
LUNCH
Texas Toast
Golden Corn
Fruit & Veggy Choices
Milk

26
BREAKFAST
Cereal Choice, Cinn. Toast
Fruit, Milk
LUNCH
Hotdogs
Picnic Beans
Fruit & Veggy Choices
Milk

27
BREAKFAST
Cinnamon Rolls
Fruit, Milk
LUNCH
Chicken Nuggets w/BBO
Baked Tots
Fruit & Veggy Choices
Milk

28
BREAKFAST
Breakfast Pizza
Fruit, Milk
LUNCH
"Eat the Bowl" Taco Salad
Cinnamon Roll
Fruit & Veggy Choices
Milk

29
BREAKFAST
Cheese Omelets
Fruit, Milk
LUNCH
Cheeseburger w lettuce/pickle
Baked Fries
Fruit & Veggy Choices
Milk

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

A La Carte

Free/Reduced forms are due now for the 09/10 school year. They can be downloaded at www.lwsd.wednet.edu or picked up at any school office.

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.

Yogurt Combo meals or fresh Chef Salads are offered at all Elementary Schools for Lunch in addition to this menu.

This institution is an equal opportunity provider.

This menu is subject to change without notice.