

	1	2	3	4
<p><u>Lunch Meal Price \$2.95</u></p> <p>Reduced Lunch <u>\$.40</u></p> <p><u>Breakfast Meal Price \$1.95</u></p> <p><u>Reduced = Free!</u></p>	<p>Chicken Patty on a Bun Goldfish Crackers Lettuce &amp; Tomato Steamed Sliced Carrots Fresh and/or Chilled Fruit</p>	<p>Deli Turkey, Cheese, &amp; Lettuce on a Bun Macaroni Salad Baked Beans Cucumber Slices Fresh and/or Chilled Fruit</p>	<p>Taco Salad Rice Pilaf Whole Kernel Corn Fresh and/or Chilled Fruit</p>	<p>Stuffed Crust Pizza Caesar Salad Baby Carrots Fresh and/or Chilled Fruit</p>
<p>7</p> <p>Chicken Nuggets Mashed Potato Homemade Roll Steamed Carrots Fresh and/or Chilled Fruit</p>	<p>8</p> <p>Cheeseburger on A Bun Goldfish Crackers Baked Beans Steamed Green Beans Fresh and/or Chilled Fruit</p>	<p>9</p> <p>Spaghetti w/Meat Sauce Garlic Bread Steamed Broccoli Fresh and/or Chilled Fruit</p>	<p>10</p> <p>Roast Turkey w/Gravy Mashed Potato Garlic Bread Stick Squash Fresh and/or Chilled Fruit</p>	<p>11</p> <p>No School Staff Development Day</p>
<p>14</p> <p>No School Columbus Day</p>	<p>15</p> <p>Popcorn Chicken Mashed Potato Garlic Bread Stick Mixed Veggies Baked Beans Fresh and/or Chilled Fruit</p>	<p>16</p> <p>Macaroni &amp; Cheese Homemade Wheat Roll Beets Squash Fresh and/or Chilled Fruit</p>	<p>17</p> <p>Shepherd's Pie Homemade Roll Cucumber Slices Fresh and/or Chilled Fruit</p>	<p>18</p> <p>Stuffed Crust Pizza Caesar Salad Baby Carrots Fresh and/or Chilled Fruit</p>
<p>21</p> <p>Chicken Alfredo Garlic Bread Steamed Broccoli Beets Fresh and/or Chilled Fruit</p>	<p>22</p> <p>Chicken Patty on a Bun Goldfish Crackers Lettuce &amp; Tomato Baked Beans Steamed Sliced Carrots Fresh and/or Chilled Fruit</p>	<p>23</p> <p>American Chop Suey Homemade Wheat Roll Steamed Green Beans Fresh and/or Chilled Fruit</p>	<p>24</p> <p>Deli Ham &amp; Cheese Grinder Fresh Veggie Slices Baked French Fries Baby Carrots w/Dip Fresh and/or Chilled Fruit</p>	<p>25</p> <p>Taco Salad Rice Pilaf Whole Kernel Corn Mixed veggies Fresh and/or Chilled Fruit</p>
<p>28</p> <p>General Tso Chicken Mashed Potato Homemade Roll Baby Carrots Fresh and/or Chilled Fruit</p>	<p>29</p> <p>Hotdog in a Roll Baked French Fries Baked Beans Broccoli Florets Fresh and/or Chilled Fruit</p>	<p>30</p> <p>BBQ Ribs on a Bun Goldfish Crackers Coleslaw Peas Fresh and/or Chilled Fruit</p>	<p>31</p> <p>Chicken Fajita Rice Pilaf Green Peppers &amp; Onions Whole Kernel Corn Fresh and/or Chilled Fruit</p>	<p>Lancaster &amp; Whitefield Schools October 2019 Menu</p>

### Daily Breakfast Menu



#### Mondays

- Choice of Cold Cereal (offered daily)
- Muffin
- Fresh or Chilled Fruit, Juice and Milk

#### Tuesdays

- Mini Cinnis
- Fresh or Chilled Fruit, Juice and Milk

#### Wednesdays

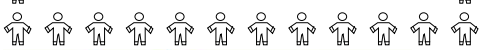
- French Toast Bites
- Fresh or Chilled Fruit, Juice and Milk

#### Thursdays

- Sweet Bread Day
- Fresh or Chilled Fruit, Juice and Milk

#### Fridays

- Egg, & Cheese on Biscuit
- Fresh or Chilled Fruit, Juice and Milk



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**A Choice of skim, low fat, nonfat chocolate milk is offered with all meals.**

*All meals are subject to change without notice.*