




L'ANSE AREA SCHOOLS

OCTOBER 2023

K-12 LUNCH MENU



Peanut butter & jelly sandwiches on whole grain bread are available daily as an alternate.
 Low fat milk or 1% white offered daily; condiments offered as appropriate.
 (6th -12th grade is offered alternate or salad daily) (* is offered to 9th-12th grade only)

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 PANCAKES, SAUSAGE, HASHBROWNS, FROZEN FRUIT CUP, MILK (NO CHOICE) | 3 HOT DOG ON WG BUN, BAKED BEANS, FRESH VEGGIES, FRUIT & MILK (BRAT) | 4 CHICKEN DRUMSTICK MASHED POTATOES, GRAVY, CORN, DINNER ROLL, FRUIT & MILK (HAM/CH. HOT POCKET) | 5 CHICKEN TENDERS, COLESLAW, CORN MUFFIN, FRUIT & MILK (EGG ROLLS) | 6 FRENCH BREAD GARLIC CHEESE PIZZA, FRESH VEGGIES, FRUIT & MILK (MOZZ. CHEESE STICKS) |
| 9 HAMBURGER ON WG BUN, BAKED BEANS, FRESH VEGGIES, FRUIT & MILK (SPICY CHICKEN PATTY) | 10 ITALIAN CHEESE PULL APARTS, COLESLAW, FRESH VEGGIES, FRUIT & MILK (MEAT STROMBOLI) | 11 RAVIOLI, GREEN BEANS, DINNER ROLL, FRUIT & MILK (HOT HAM/CH. ON KAISER) | 12 PEPPERONI FRENCH BREAD PIZZA, FRESH VEGGIES, FRUIT & MILK (TURKEY SUB) | 13 NO SCHOOL  |
| 16 CHILI w/meat & beans, CHEDDAR GOLDFISH CRACKERS, GREEN PEPPERS, FRUIT & MILK (CHEESE BREADSTICKS) | 17 QUESADILLAS, BLACK BEAN SALSA, CARROTS, FRUIT & MILK (COLD HAM/CH. SANDWICH) | 18 MEATBALLS & GRAVY, MASHED POTATOES, SLICED CARROTS, FRUIT, MILK & DINNER ROLL (NACHO CHEESE & CHIPS) | 19 CORN DOG, BAKED BEANS, FRESH VEGGIES, FRUIT & MILK (BAKED POT. w/BBQ PORK) | 20 CHEEZY BREADSTICK PIZZA w/MARINARA SAUCE, FRESH VEGGIES, FRUIT & MILK (MINI CHEESEBURGERS) |
| 23 DELUXE NACHOS, (meat, cheese, romaine, chips), CARROTS, FRUIT & MILK (CORN DOG) | 24 CHICKEN NUGGETS, COLESLAW, VEGGIES, FRUIT & MILK, CORN MUFFIN (MEATBALL SUB) | 25 TERIYAKI DIPPERS, BROWN RICE, STEAMED VEGGIES, FRUIT & MILK (CHERRY BLOSSOM CK) | 26 SPAGHETTI SAUCE ON WG NOODLES, GREEN BEANS, GARLIC TOAST, FRUIT & MILK (BONELESS WINGS) | 27 PEPPERONI PIZZA, FRESH VEGGIES, FRUIT & MILK (PRETZEL & CHEESE) |
| 30 PANCAKES, SAUSAGE, HASHBROWNS, FROZEN FRUIT CUP, MILK (NO CHOICE) | 31 CHICKEN TENDERS, COLESLAW, CORN MUFFIN, FRUIT & MILK (LASAGNA ROLLUPS) | 1 GRILLED CHEESE ON WG BREAD, TOMATO SOUP, CARROTS, CRACKERS, FRUIT & MILK (PEPPERONI HOT POCKET) | 2 HOT DOG ON WG BUN, BAKED BEANS, FRESH VEGGIES, FRUIT & MILK (BRAT) | 3 FRENCH BREAD GARLIC CHEESE PIZZA, FRESH VEGGIES, FRUIT & MILK (CHICKEN NUGGETS) |