

# L'ANSF AREA SCHOOLS

## October 2024

### 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
<b>30 CHICKEN NUGGETS, COLESLAW, VEGGIE, FRUIT, &amp; MILK</b>  (TURKEY SUB)	<b>1 RAVIOLI, GREEN BEANS, DINNER ROLL, FRUIT &amp; MILK</b>  (HOT HAM/CH ON KAISER)	<b>2 CHICKEN DRUMSTICK, MASHED POTATOES, GRAVY, CORN, FRUIT, MILK &amp; DINNER ROLL</b>  (HAM/CH. HOT POCKET)	<b>3 PANCAKES, SAUSAGE, HASHBROWN, FROZEN FRUIT CUP, MILK</b>  (EGG MUFFINS)	<b>4 GARLIC CHEESE FRENCH BREAD PIZZA, FRESH VEGGIES, FRUIT &amp; MLK</b>  (CHICKEN TENDERS)
<b>7 HAMBURGER ON WG BUN, BAKED BEANS, VEGGIE, FRUIT K&amp; MILK</b>  (SPICY CHICKEN PATTY)	<b>8 QUESADILLAS, BLACK BEANS SALSA, CARROTS FRUIT &amp; MILK</b>  (COLD HAM/CH. SAND.)	<b>9 GRILLED CHEESE SAND. ON WG BREAD, TOMATO SOUP, CRACKERS, CARROTS, FRUIT &amp; MILK</b>  (PEPPERONI HOT POCKET)	<b>10 PEPPERONI FRENCH BREAD PIZZA, FRESH VEGGIES, FRUIT &amp; MILK</b>  (NACHO CHEESE & CHIPS)	<b>11</b>  NO SCHOOL
<b>14 CHICKEN PATTY ON WG BUN, CALIF. BLEND VEG., BAKED BEANS, FRUIT &amp; MILK</b>  (PIZZA BURGER)	<b>15 CORN DOG, COLESLAW, VEGGIES, FRUIT &amp; MILK</b>  (BAKED POTATOES w/BBQ PULLED PORK)	<b>16 SPAGHETTI SAUCE ON WG NOODLES, GREEN BEANS, GARLIC TOAST, FRUIT &amp; MILK</b>  (BONELESS WINGS)	<b>17 ITALIAN CHEESE PULL APARTS, w/MARINARA SAUCE, FRESH VEGGIES, FRUIT &amp; MILK</b>  (CHICKEN CRIPITOS)	<b>18 CHEEZY BREADSTICK PIZZA w/MARINARA SAUCE FRESH VEGGIES, FRUIT &amp; MILK</b>  (MOZZ. CHEESE STICKS)
<b>21 CHILI w/meat &amp; beans, CHEDDAR GOLDFISH CRACKERS, GREEN PEPPERS, FRUIT &amp; MILK</b>  (CHEESE BREADSTICKS)	<b>22 CHICKEN NUGGETS, COLESLAW, CORN BREAD, FRUIT &amp; MILK</b>  (MEATBALL SUB)	<b>23 TERIYAKI DIPPERS, BROWN RICE, STEAMED VEGGIES, FRUIT &amp; MILK</b>  (CHERRY BLOSSOM CHICK)	<b>24 HOT DOG ON WG BUN, BAKED BEANS, FRESH VEGGIES, FRUIT &amp; MILK</b>  (BRAT)	<b>25 PEPPERONI PIZZA, FRESH VEGETABLES, FRUIT &amp; MILK</b>  (PRETZEL & CHEESE)
<b>28 CHICKEN TENDERS, COLESLAW, VEGGIES, FRUIT &amp; MILK</b>  (TURKEY SUB)	<b>29 PANCAKES, SAUSAGE, HASHBROWNS, FROZEN FRUIT CUP</b>  (EGG MUFFINS)	<b>30 DELUXE NACHOS, (meat, fiesta beans, romaine, cheese), CARROTS, FRUIT &amp; MILK</b>  (CORN DOG)	<b>31 RAVIOLI, GREEN BEANS, DINNER ROLL, FRUIT &amp; MILK</b>  (HOT HAM/CH. SAND.-KAISE)	<b>1 GARLIC CHEESE FRENCH BREAD PIZZA, FRESH VEGGIES, FRUIT &amp; MILK</b>  (MINI CHEESEBURGERS)

