



October

Mon	Tue	Wed	Thu	Fri
Lake Arthur Municipal School is an Equal Opportunity Provider				1
4 Breakfast: Sausage biscuit, fruit, milk Lunch: Mac & cheese, bread, green beans, fruit, milk, juice	5 Breakfast: PB& J sandwich, cheese stick, fruit, milk Lunch: Hamburger, fries, salad, fruit, milk, juice	6 Breakfast: French toast, cheese stick, fruit, milk Lunch: Chicken soup, corn chips, fruit, juice, milk	7 Breakfast: Muffins, cereal, cheese stick, fruit, milk Lunch: Hot dog, fries, salad, fruit, milk, juice	8
11 Breakfast: Pancake on a stick, fruit, milk Lunch: Spaghetti w/ meat, green beans, bread, fruit, juice, milk	12 Breakfast: Bean & cheese burrito, fruit, milk Lunch: Chicken nuggets, mashed pota- toes, salad, fruit, juice, milk	13 Breakfast: Grilled cheese sandwich, fruit, milk Lunch: Nachos w/meat, salad, fruit, milk, juice	14 Breakfast: Yogurt, granola, fruit, milk Lunch: Pizza, corn on the cob, sal- ad, chips, fruit	15
18 Breakfast: Scrambled eggs, hash- browns, tortilla, fruit, milk Lunch: Chicken sandwich, fries, salad, fruit, milk	19 Breakfast: Quesadilla, fruit, milk Lunch: Salisbury steak, mashed pota- toes, salad, fruit, milk, juice	20 Breakfast: Pizza bagel, fruit, milk Lunch: Chili dog, fries, salad, fruit, milk	21 Breakfast: Poptart, cereal, cheese stick, fruit, milk Lunch: Corn dog, fries, salad, fruit, milk, juice	22
25 Breakfast: Blueberry bagel w/ cream cheese, fruit, milk Lunch: Asado, rice, salad, fruit, milk, juice	26 Breakfast: Pancakes, sausage, fruit, milk Lunch: Frito pie, salad, fruit, juice, milk	27 Breakfast: Yogurt, granola, fruit, milk Lunch: Tacos, rice, salad, fruit, juice, milk	28 Breakfast: Muffins, cereal, cheese stick, fruit, milk Lunch: Pizza, corn on the cobb, salad, fruit	29