

LORENA PRIMARY SCHOOL

OCTOBER 2011

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Pancake, Syrup, Sausage Link, Juice 1. Chicken Patty on Bun or 2. Fish Patty on Bun Baked Sweet Potato & Apples Pork & Beans – Pineapple Ring	Cereal, Toast, Juice 1. Italian Spaghetti, garlic toast or 2. Grilled Cheese Black-eyed peas – Salad Fresh Orange Wedges WG Teddy Graham	English Muffin, Ham & Cheese, Juice 1. Chicken Nuggets or 2. Steak Fingers Pearl Potatoes Squash Medley – Raisins Whole Wheat Bread	Breakfast Bar, Toast, Juice 1. Ground Beef Stroganoff over Brown Rice or 2. Toasted Ham & Cheese Sandwich Carrots – Spinach Fresh Apple	Cinnamon Roll 1. Hamburger or 2. WG Corn Dog Romaine Salad w/tomato & pickles Fries - Peaches
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
NO SCHOOL	Cereal - Toast – Juice 1. Corn Chip Pie or 2. Yogurt & Grilled Cheese Pinto Beans – Popeye Spinach Fresh Fruit Cup Granola	Chicken Biscuit, Juice 1. Deli Sub or 2. Grilled Chicken Sandwich Broccoli Salad – Yellow Squash Fresh Apple Wedges Sun Chips	Scrambled Eggs, Sausage, Toast, Juice 1. Chicken & Noodles, bread or 2. WG Corn Dog Fresh Carrots w/dip Green Peas - Pineapple Chunks	Muffin, Oatmeal, Juice 1. Pizza or 2. Ham & Cheese Sandwich Corn – Side Salad Mandarin Oranges WG Teddy Grahams
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Waffles, Sausage, Syrup, Juice 1. Little Stackers (meat/cheese/crackers) 2. Meatball Sub Vegetable Rice Medley Pork & Beans - Raisins	Cereal – Toast – Juice 1. Sloppy Joe or 2. Chicken Fried Steak Sandwich Fresh Broccoli & Carrots w/dip Zucchini Squash Fresh Orange Wedges	Sausage Biscuit, Gravy, Juice 1. Salisbury Steak or 2. Chicken Patty Mashed Potatoes, Gravy Green Beans, WW Roll Fresh Apple Wedges	Breakfast Pizza, Juice 1. Soft Taco or 2. Grilled Cheese Sandwich Popeye Salad w/tomato Refried Beans – Mixed Fruit WG Teddy Grahams	Cinnamon Tastry, Sausage, Juice 1. Hamburger or 2. Corn Dog Romaine Salad w/tomato & Pickles Sweet Potato Fries – Pears Granola
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Pancake, Syrup, Sausage Link, Juice 1. Fish Sticks or 2. Chicken Nuggets FF Potato Wedges Broccoli – Applesauce WG Giant Goldfish	Cereal – Toast - Juice 1. Mexican Skillet or 2. Yogurt & Grilled Cheese Black Beans Popeye Salad Fresh Banana - Granola	English Muffin, Ham & Cheese, Juice 1. Cheeseburger or 2. Hot Dog Italian Vegetable Blend Fries Fresh Orange Wedges	Breakfast Bar, Toast, Juice 1. Italian Rotini Casserole or 2. Turkey Melt Green Peas – Sliced Carrots Fresh Fruit Cup - Crackers	Cinnamon Tastry, Sausage, Juice 1. Pizza or 2. Chef Salad w/ham Winter Blend – Salad Strawberries WG Teddy Grahams
MONDAY 31				
French Toast Sticks, Syrup, Sausage, Juice 1. Chicken Nuggets or 2. WG Corn Dog Rice Pilaf – Salad Mixed Vegetables - Apricots		Choice of fat-free chocolate or 1% white milk served daily with breakfast and lunch.		Applications for Free/Reduced price school meals can be submitted any time during the school year. You may pick an application up at the school office, the Administration building or call (254) 857-8909

Menu subject to change without notice