



## October 2021

### Lunch Menu

**Prices:** Breakfast and Lunch are included each day. Served with 1% white or chocolate skim milk. Menu subject to change.

**Alternate Lunch Choices each Day:** Toasted Cheese Sandwich. Gluten Free and Dairy free meals are offered upon request

**Breakfast Choices each Day:** Cheerios GF, Yogurt with Granola, or Toasted Bagel with Cream Cheese, Fruit, Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> French Bread Pizza Vegetable Fruit
<b>4</b> Chili con carne Corn Bread Fruit	<b>5</b> Cheese Quesadillas Spicy Corn and Bean Salad Fruit	<b>6</b> Macaroni and Cheese Vegetable Fruit	<b>7</b> Egg, bacon and cheese Sandwich Hash Browned Potatoes Fruit	<b>8</b> LPS Cheese or Specialty Pizza Vegetable Fruit
<b>11</b> <i>Indigenous People's Day</i>  <b>No School</b>	<b>12</b> <i>Professional Development Day</i>  <b>No School</b>	<b>13</b> Pasta and Meatballs Vegetable Fruit	<b>14</b> Chicken, bacon ranch wrap vegetable Fruit	<b>15</b> LPS Cheese or Specialty Pizza Vegetable Fruit
<b>18</b> Shepherd's Pie Mashed Potatoes Fruit	<b>19</b> Breakfast Burrito with egg, onion, peppers, chorizo and cheese Beans Fruit	<b>20</b> American Chop Suey Vegetable fruit	<b>21</b> Tomato and Mozzarella Sandwich with Pesto Fruit	<b>22</b> LPS Cheese or Specialty Pizza Tomato Salad Fruit
<b>25</b> Chicken Patty Pickles Vegetable Fruit	<b>26</b> Beef Empanadas Pineapple Salsa Fruit	<b>27</b> <i>Breakfast only Early Release</i>	<b>28</b> Cuban Sandwich Chips Fruit	<b>29</b> LPS Cheese or Specialty Pizza Vegetable Fruit

**This institute is an equal opportunity provider. Please inform your server if you have any food allergies.**