

Académie Lafayette October Breakfast 2018

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| Whole grain cereal Fruit Juice Milk | Berry yogurt Mini muffin Fruit Juice Milk | Scrambled eggs Turkey Sausage Biscuit Fruit Juice Milk | French toast sticks Syrup Fruit Juice Milk | Whole grain cereal Fruit Juice Milk |
| 8 | 9 | 10 | 11 | 12 |
| Whole grain cereal Fruit Juice Milk | Turkey sausage and egg breakfast burrito Salsa Fruit Juice Milk | Pancake wrap Fruit Juice milk | Breakfast Pizza Fruit Juice Milk | Whole grain cereal Fruit Juice Milk |
| 15 | 16 | 17 | 18 | 19 |
| NO SCHOOL | Turkey sausage and egg biscuit Fruit Juice Milk | Whole wheat bagel Strawberry cream cheese Berry yogurt Fruit Juice Milk | Sausage gravy and biscuits Fruit Juice Milk | Whole grain cereal Fruit Juice Milk |
| 22 | 23 | 24 | 25 | 26 |
| Whole grain cereal Fruit Juice Milk | Whole grain pancakes Turkey sausage Fruit Juice Milk | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| 29 | 30 | 31 | | |
| Whole grain cereal Fruit Juice Milk | Sausage & egg croissant Fruit Juice Milk | | | |

Académie Lafayette October Lunch 2018

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| 1 | 2 | 3 | 4 | 5 |
| Mexican lasagna Corn Fruit Milk | Penne pasta w/ meat sauce Green beans Salad w/ ranch Fruit Milk | Chicken strips Mac & cheese Peas Fruit Milk | Chicken fried steak Mashed potatoes w/ gravy Cauliflower Fruit Milk | Turkey hot dogs w/ bun Carrot sticks w/ ranch Sun chips Fruit Milk |
| 8 | 9 | 10 | 11 | 12 |
| Beef nachos Black beans Corn Fruit Milk | Beef stew Corn muffins Fruit Milk | Chicken Caesar salad w/ dressing Fruit Milk | Veggie lasagna Breadsticks Fruit Milk | Turkey & cheese on whole wheat Fresh squash w/ ranch Fruit Milk |
| 15 | 16 | 17 | 18 | 19 |
| NO SCHOOL | Meatball subs Pasta salad Carrot sticks w/ ranch Fruit Milk | Hamburgers w/ bun Vegetarian baked beans Spinach Fruit Milk | Lemon chicken Wild rice Green beans Wheat roll w/ butter Fruit Milk | Southwest turkey wrap 3 bean salad Sun chips Fruit Milk |
| 22 | 23 | 24 | 25 | 26 |
| Beef tacos Spanish rice Refried beans Fruit Milk | Chicken strips Carrots Salad w/ ranch Fruit Milk | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| 29 | 30 | 31 | | |
| Chili Cauliflower Corn muffins Fruit Milk | BBQ chicken Red potato salad Roll w/ butter Fruit Milk | Chicken nuggets Green beans Fruit Milk | | |