

OCTOBER Elementary Menus

LEANDER ISD
LEADING TO A BRIGHT FUTURE

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NUTRITION Corner

Did you know? Red and orange vegetables, such as pumpkin, are nutritional superstars! Carving a Jack-O-Lantern this Fall? Save those pumpkin seeds and roast them for a delicious and nutritious snack!



Featuring new "LUNCH BOX" creations all week, October 10th-14th!
Ham & Cheese w/Crackers & Carrots
Sun Butter, Fruit & Veggie Dippers w/Graham Crackers
Fruit & Yogurt w/String Cheese & Graham Crackers
Tuna Salad w/Crackers & Celery Dippers
PLUS, Fresh Texas Watermelon Served Daily!

Fresh Fruit & Vegetable Bar Served Daily!



This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Lunch Crispy Chicken Tenders Mac & Cheese V Chicken Garden Salad GF* Rainbow Veggies V GF Steamed Broccoli Florets V GF Breakfast Egg, Sausage & Cheese Biscuit Whole Grain Breakfast Pizza NEW! Mini Strawberry Pancakes V</p>	<p>4 Lunch Bean & Cheese Burrito V Mini Chicken Corndogs Turkey & Cheese Wrap Buttery Corn V GF Steamed Crinkle Carrots V GF Breakfast Pig in a Blanket Iced Cinnamon Roll V Pancakes & Sausage</p>	<p>5 Lunch Chicken Fried Steak Baked Lemon Fish Filet Sun Butter & Jelly Sandwich Mashed Potatoes GF & Gravy Buttered Green Peas V GF Breakfast Very Berry Yogurt Parfait V GF* Whole Grain Breakfast Pizza Cinnamon French Toast V</p>	<p>6 Lunch Rotini w/Meatsauce Crispy Chicken Sandwich Yogurt & Fruit Plate V GF* Crispy Tater Tots V GF Steamed Green Beans V GF Breakfast Cheesy Omelet GF w/Toast V Iced Cinnamon Roll V Pancakes & Sausage</p>	<p>7 Lunch BBQ Pork Rib Sub Cheese V & Pepperoni Pizza Ham & Cheese Pita Pocket Mixed Peas & Carrots V GF Roasted Garbanzo Beans V GF Breakfast Banana Bread w/Fresh Yogurt V Whole Grain Breakfast Pizza Mini Maple Pancakes V</p>
<p>10 Vote Lunch For a Winning Oct. 10-14 SquareMeals.org/NSLW</p>	<p>11 Lunch Chicken Fajita Tacos Grilled Cheese Sandwich V Ham & Cheese Lunch Box Mexican Corn on the Cob V GF Refried Beans V GF Breakfast Biscuits & Gravy w/Sausage Apple Frudel V Pancakes & Sausage</p>	<p>12 Lunch Fried Rice V w/Chicken Hamburger w/Cheese Sun Butter Dippers Box V Roasted Edamame V GF Crispy Potato Wedges V GF Breakfast Blueberry Yogurt Parfait V GF* Whole Grain Breakfast Pizza Fluffy Jumbo Waffles V</p>	<p>13 Lunch Cheesy Beef Lasagna Turkey Hot Dog Fruit & Yogurt Lunch Box V Baked Beans V GF Steamed Crinkle Carrots V GF Breakfast Egg, Sausage & Cheese Muffin Iced Cinnamon Roll V Pancakes & Sausage</p>	<p>14 Lunch Cheesy Meatball Sub Cheese V & Pepperoni Pizza Tuna Salad Lunch Box Sautéed Spinach V GF Roasted Garden Veggies V GF Breakfast Maple Blueberry Pancake Wrap Whole Grain Breakfast Pizza Mini Maple Pancakes V</p>
<p>17 Lunch Chicken Nuggets Sloppy Joe Sandwich Fruit & Yogurt Plate V GF* Mashed Potatoes GF & Gravy Rainbow Veggies V GF Breakfast Pancake Wrap Whole Grain Breakfast Pizza NEW! Mini Strawberry Pancakes V</p>	<p>18 Lunch Nachos V w/Chicken GF Chicken Fried Steak Sandwich Crispy Chicken Ranch Wrap Buttery Carrots V GF Charro Beans V GF Breakfast Egg, Sausage & Cheese Taco Iced Cinnamon Roll V Pancakes & Sausage</p>	<p>19 Lunch Breakfast for Lunch Chicken Quesadilla Sun Butter Dippers Box V Steamed Green Peas V GF Buttery Corn V GF Breakfast Mandarin Yogurt Parfait V GF* Whole Grain Breakfast Pizza Cinnamon French Toast V</p>	<p>20 Lunch Chicken Alfredo Rotini V Crispy Chicken Sandwich Turkey & Cheese Pita Pocket Crispy Tater Tots V GF Steamed Broccoli Florets V GF Breakfast Cheesy Omelet GF w/Toast V Iced Cinnamon Roll V Pancakes & Sausage</p>	<p>21 Lunch Crispy Fish Sandwich Cheese V & Pepperoni Pizza Ham & Cheese Sub Roasted Cauliflower V GF Steamed Green Beans V GF Breakfast Apple Frudel V Whole Grain Breakfast Pizza Mini Maple Pancakes V</p>
<p>24 Lunch Popcorn Chicken Mac & Cheese V Turkey & Cheese Sub Mixed Peas & Carrots V GF Roasted Garden Veggies V GF Breakfast Banana Bread w/Fresh Yogurt V Whole Grain Breakfast Pizza Mini Blueberry Pancakes V</p>	<p>25 Lunch Crispy Beef Tacos GF Grilled Cheese Sandwich V Ham & Cheese Lunch Box Rainbow Veggies V GF Refried Beans V GF Breakfast Egg & Cheese Breakfast Taco V Iced Cinnamon Roll V Pancakes & Sausage</p>	<p>26 Lunch *Early Release* Hamburger w/Cheese Sun Butter & Jelly Sandwich V Fresh Baby Carrots V GF Fresh Cucumber Slices V GF Breakfast Biscuits & Gravy w/Sausage Whole Grain Breakfast Pizza Fluffy Jumbo Waffles V</p>	<p>27 Lunch Turkey Hot Dog Rotini Marinara V w/Meatballs Tuna Salad Lunch Box Baked Beans V GF Steamed Crinkle Carrots V GF Breakfast Berry Banana Yogurt Parfait V GF* Iced Cinnamon Roll V Pancakes & Sausage</p>	<p>28 Lunch Cheesy Meatball Sub Cheese V & Pepperoni Pizza Chicken Caesar Salad GF* Sautéed Spinach V GF Steamed Cauliflower V GF Breakfast Cheesy Eggs GF w/Toast V Whole Grain Breakfast Pizza Mini Maple Pancakes V</p>
<p>31 Lunch Chicken Corn Dog Crispy Chicken Tenders Fruit & Yogurt Lunch Box V Rainbow Veggies V GF Crispy Tater Tots V GF SPOOKY SALAD BAR Breakfast Warm Pancake Wrap Whole Grain Breakfast Pizza NEW! Mini Strawberry Pancakes V</p>			<p>V= Vegetarian Option (or vegetarian upon request) GF = Naturally Gluten Free GF*= GF Option Available Upon Request</p>	<p>Fat Free & Low Fat Milk Variety Offered Daily Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast</p>

Breakfast Meal Price: Paid \$1.35/Reduced \$0.30 Lunch Meal Price: Paid \$2.45/Reduced \$0.40 Adult: Breakfast \$2.00/Lunch \$3.50