

# BREAKFAST MENU

# OCTOBER

## Secondary Breakfast



View menus online for nutrition info and much more! Visit the Child Nutrition Services (CNS) webpage at [www.leanderisd.org](http://www.leanderisd.org)



Twitter: @CNSLISD

Facebook: [Child Nutrition Services, Leander Independent School District](#)



### DAILY BREAKFAST SELECTIONS

- Cinnamon Chex Cereal V GF
- Cocoa Puffs Cereal V
- Cinnamon Toast Crunch Cereal V
- Trix Cereal V
- Froot Loops Cereal V

FRESH FRUIT & JUICE BAR



**SFE** This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Strawberry Banana Smoothie V GF Banana Peach Smoothie V GF Colby Cheese Omelet V GF w/Buttery Toast Mini Bagels w/Strawberry Cream Cheese V <b>NEW! Mini Strawberry Pancakes V</b></p>	<p>4 Warm Banana Bread w/ Strawberry Yogurt V Iced Cinnamon Roll V Breakfast Pizza Country Breakfast Bowl w/Buttered Toast</p>	<p>5 Strawberry Banana Smoothie V GF Blueberry Banana Smoothie V GF Choice of Whole Grain Bagel w/Cream Cheese V Ham, Egg &amp; Cheese Big Bite Mini Maple Pancakes V</p>	<p>6 Pear &amp; Vanilla Yogurt Parfait V GF* Iced Cinnamon Roll V Homemade Egg &amp; Sausage Burrito Cinnamon French Toast V</p>	<p>7 Strawberry Banana Smoothie V GF Very Berry Smoothie V GF Egg &amp; Cheese Bagel Sandwich V Maple Blueberry Pancake Wrap</p>
<p>10  Very Berry Yogurt Parfait V GF* Breakfast Pizza Egg, Bacon &amp; Cheese Tacos Pancakes V &amp; Sausage</p>	<p>11 Strawberry Banana Smoothie V GF Sunrise Banana Peach Smoothie V GF Country Biscuits &amp; Gravy w/Sausage Apple Frudel V Mini Maple Pancakes V</p>	<p>12 Blueberry Yogurt Parfait V GF* Iced Cinnamon Roll V Cheesy Scrambled Eggs &amp; Peppers GF w/Toast V Mini Blueberry Pancakes V</p>	<p>13 Strawberry Banana Smoothie V GF Blueberry Banana Smoothie V GF Pancake Wrap Ham &amp; Cheese Croissant Fluffy Waffles V w/Canadian Bacon</p>	<p>14 Strawberry Banana Smoothie V GF Mango Smoothie V GF Apple Frudel V Egg, Sausage &amp; Cheese English Muffin <b>NEW! Mini Strawberry Pancakes V</b></p>
<p>17 Banana Bread w/Strawberry Yogurt V Iced Cinnamon Roll V Breakfast Pizza Homemade Egg, Sausage &amp; Cheese Breakfast Burrito</p>	<p>18 Strawberry Banana Smoothie V GF Sunrise Banana Peach Smoothie V GF Country Biscuits &amp; Gravy w/Sausage Apple Frudel V Fluffy Waffles V w/Canadian Bacon</p>	<p>19 Strawberry Banana Smoothie V GF Very Berry Smoothie V GF Sausage &amp; Cheese Biscuit Mini Bagels w/Strawberry Cream Cheese V Mini Maple Pancakes V</p>	<p>20 Strawberry Banana Smoothie V GF Mango, Peach Banana Smoothie V GF Pancakes V &amp; Sausage Sausage &amp; Cheese Croissant <b>NEW! Mini Strawberry Pancakes V</b></p>	<p>21 Blueberry Yogurt Parfait V GF* Iced Cinnamon Roll V Breakfast Pizza Egg, Sausage &amp; Cheese Bagel Sandwich</p>
<p>24 Strawberry Banana Smoothie V GF Sunrise Banana Peach Smoothie V GF Egg, Ham &amp; Cheese Muffin Apple Frudel V Fluffy Waffles V w/Canadian Bacon</p>	<p>25 Very Berry Yogurt Parfait V GF* Iced Cinnamon Roll V Homemade Sausage, Egg &amp; Cheese Quesadilla Mini Blueberry Pancakes V</p>	<p>26 Strawberry Banana Smoothie V GF Mango Smoothie V GF Blueberry Pancake Wrap Egg, Bacon &amp; Cheese Tacos Choice of Whole Grain Bagel w/Cream Cheese V</p>	<p>27 Strawberry Banana Smoothie V GF Blueberry Banana Smoothie V GF Pancake Wrap Ham, Egg &amp; Cheese Big Bite Sandwich Breakfast Pizza Cinnamon French Toast V</p>	<p>28 Strawberry Banana Smoothie V GF Mango Smoothie V GF Blueberry Pancake Wrap Egg, Bacon &amp; Cheese Tacos Choice of Whole Grain Bagel w/Cream Cheese V</p>
<p>31 Strawberry Banana Smoothie V GF Peach Smoothie V GF Biscuits &amp; Gravy w/Sausage Sausage &amp; Cheese Croissant Egg, Sausage &amp; Cheese Big Bite <b>NEW! Mini Strawberry Pancakes V</b></p>			<p>V= Vegetarian Option (or vegetarian upon request) GF = Naturally Gluten Free GF*= GF Option Available Upon Request</p>	<p><b>Fat Free &amp; Low Fat Milk Variety Offered Daily</b> Fresh Fruit Selection &amp; Reduced Sugar Cereals Available Daily at Breakfast</p> 

Breakfast Meal Price: Paid \$1.60/Reduced \$0.30

Lunch Meal Price: Paid \$2.70/Reduced \$0.40

Adult Price: Lunch \$3.75/Breakfast \$2.00

# LUNCH MENU

## OCTOBER High School Lunch



**Celebrate NSLW 2016 with  
Locally Grown Russet Potatoes Served  
Daily on Smokehouse Line!**



### DAILY SELECTIONS

**Delicatessen:** Build Your Own Croissant or Sub Sandwich, Choice of Turkey or Ham  
**Ballpark:** Cheeseburger, Spicy Chicken Sandwich, Popcorn Chicken, Corn Dogs, Chicken Tenders, Bacon Cheeseburger, Chicken Fried Steak Sandwich  
**Luigi's:** Pepperoni Pizza, Cheese Pizza V, Cheesy Breadsticks V w/Marinara  
M- Alfredo Pizza, T- Pepp & Jalapeno Pizza, W- Hamburger Pizza, TH- Ham & Cheese Pizza, F-Pepp Calzone  
Adobe Grill: M- Build Your Own Nachos GF or Burrito, F- Build Your Own Nachos or Crispy Corn Tacos GF  
Taco Street: T/TH- Build Your Own Street Tacos w/Fajita Chicken, Mexi Beef or Pulled Pork

**FRESH FRUIT & VEGETABLE BAR**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef BBQ Pork Rib Sub Bistro Bowl: Steak Fingers or Chicken Nuggets w/Rice or Mashed Potatoes &amp; Gravy Gourmet Greens: Italian Salad GF* Deli: Turkey &amp; Cheese Wrap</p>	<p><b>4</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef BBQ Hot Dog Bistro Bowl: Chicken Fried Steak or Chicken Nuggets w/Rice or Mashed Potatoes &amp; Gravy Gourmet Greens: SW Chicken Salad GF Deli: Grilled Chicken Wrap</p>	<p><b>5</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef Chili Cheese Baked Potato Bistro Bowl: Steak Fingers or Chicken Nuggets w/Rice or Mashed Potatoes &amp; Gravy Gourmet Greens: Chicken Garden Salad GF* Deli: Italian Wrap</p>	<p><b>6</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef Sloppy Joe Sandwich Bistro Bowl: Chicken Fried Steak or Chicken Nuggets w/Rice or Mashed Potatoes &amp; Gravy Gourmet Greens: Crispy Buffalo Chicken Salad Deli: Teriyaki Chicken Wrap</p>	<p><b>7</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef BBQ Pork Rib Sub Bistro Bowl: Steak Fingers or Chicken Nuggets w/Rice or Mashed Potatoes &amp; Gravy Gourmet Greens: Chef Salad GF* Deli: Spicy Chicken Wrap</p>
<p><b>10</b></p> 	<p><b>11</b></p> <p>Smokehouse: Stuffed BBQ Potato w/Chicken, Beef or Pork Bistro Bowl: Popcorn Chicken or Steak Fingers w/Rice or Mashed Potatoes &amp; Gravy Lunch Box: Fresh Fruit &amp; Yogurt Box V GF w/Graham Crackers Deli: Turkey &amp; Cheese Pita Pocket</p>	<p><b>12</b></p> <p>Smokehouse: Stuffed BBQ Potato w/Chicken, Beef, or Broccoli &amp; Cheese Bistro Bowl: Popcorn Chicken or Meatloaf w/Rice or Mashed Potatoes &amp; Gravy Lunch Box: Hummus Pita Veggie Box V GF* Deli: Crispy Chicken Ranch Wrap</p>	<p><b>13</b></p> <p>Smokehouse: Stuffed BBQ Potato w/Chicken, Beef or Pork Bistro Bowl: Popcorn Chicken or Steak Fingers w/Rice or Mashed Potatoes &amp; Gravy Lunch Box: Ham &amp; Cheese Box GF w/Crackers Deli: SW Veggie Wrap V</p>	<p><b>14</b></p> <p>Smokehouse: Stuffed BBQ Potato w/Chicken, Beef, or Chili Cheese Bistro Bowl: Popcorn Chicken or Country Fried Steak w/Rice or Mashed Potatoes &amp; Gravy Lunch Box: Tuna Salad Box GF w/Crackers Deli: Ham, Turkey &amp; Cheese Wrap</p>
<p><b>17</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pork BBQ Pork Rib Sub Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Gourmet Greens: Spicy Chicken Caesar Salad Deli: Ham &amp; Cheese Wrap</p>	<p><b>18</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pork BBQ Hot Dog Philly: Beef, Chicken or Pork Cheesesteak w/Veggies &amp; Fries Gourmet Greens: SW Chicken Salad GF Lunch Box: Sun Butter Dippers Box V GF* w/Graham Crackers</p>	<p><b>19</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pork Sloppy Joe Sandwich Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Gourmet Greens: Fresh Garden Salad V GF* Deli: Ham, Turkey &amp; Cheese Wrap</p>	<p><b>20</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pork Texas BBQ Hot Dog Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Gourmet Greens: Buffalo Chicken Salad Lunch Box: Ham &amp; Cheese Box GF</p>	<p><b>21</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pork BBQ Pork Rib Sub Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Gourmet Greens: Chicken Taco Salad GF Deli: Zesty Italian Wrap</p>
<p><b>24</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef Chili Cheese Baked Potato Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Lunch Box: Fresh Fruit &amp; Yogurt Box V GF w/Graham Crackers Deli: Ham &amp; Cheese Wrap</p>	<p><b>25</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Beef, Chicken or Pulled Pork Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Gourmet Greens: Chef Salad GF Deli: Fresh Veggie Wrap V</p>	<p><b>26</b></p> <p><b>*Early Release*</b> Ballpark Burgers &amp; Chicken Delicatessen Subs &amp; Croissants Luigi's Homemade Pizzas Gourmet Greens: Buffalo Ranch Chicken Salad Lunch Box: Ham &amp; Cheese Box GF w/Crackers</p>	<p><b>27</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Beef, Chicken or Pulled Pork Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Gourmet Greens: Crispy Chicken Salad Deli: Teriyaki Chicken Wrap</p>	<p><b>28</b></p> <p>Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef BBQ Hot Dog Philly: Beef, Chicken or Pork Cheesesteak w/Grilled Veggies &amp; Crab Fries Lunch Box: Hummus Pita Veggie Box V GF* Deli: Spicy Chicken Wrap</p>
<p><b>31</b></p> <p>Traditional: Down Home Crispy Chicken &amp; Waffles Luigi's: Cheesy Baked Penne Gourmet Greens: Fruit &amp; Yogurt Plate V GF* Deli: BBQ Chicken Wrap</p>			<p>V= Vegetarian Option (or vegetarian upon request) GF = Naturally Gluten Free GF*= GF Option Available Upon Request</p>	<p><b>Fat Free &amp; Low Fat Milk Variety Offered Daily</b> Fresh Fruit Selection &amp; Reduced Sugar Cereals Available Daily at Breakfast</p> 