

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



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 Banana Peach Smoothie V GF Colby Cheese Omelet V GF w/Buttery Toast Mini Bagels w/Strawberry Cream Cheese V NEW! Mini Strawberry Pancakes V</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 & Cheese Big Bite Mini Maple Pancakes V</p>	<p>6 Pear & Vanilla Yogurt Parfait V GF* Iced Cinnamon Roll V Homemade Egg & Sausage Burrito Cinnamon French Toast V</p>	<p>7 Strawberry Banana Smoothie V GF Very Berry Smoothie V GF Egg & Cheese Bagel Sandwich V Maple Blueberry Pancake Wrap</p>
<p>10  Very Berry Yogurt Parfait V GF* Breakfast Pizza Egg, Bacon & Cheese Tacos Pancakes V & Sausage</p>	<p>11 Very Berry Yogurt Parfait V GF* Breakfast Pizza Egg, Bacon & Cheese Tacos Pancakes V & Sausage</p>	<p>12 Strawberry Banana Smoothie V GF Sunrise Banana Peach Smoothie V GF Country Biscuits & Gravy w/Sausage Apple Frudel V Mini Maple Pancakes V</p>	<p>13 Blueberry Yogurt Parfait V GF* Iced Cinnamon Roll V Cheesy Scrambled Eggs & Peppers GF w/Toast V Mini Blueberry Pancakes V</p>	<p>14 Strawberry Banana Smoothie V GF Blueberry Banana Smoothie V GF Pancake Wrap Ham & Cheese Croissant Fluffy Waffles V w/Canadian Bacon</p>
<p>17 Strawberry Banana Smoothie V GF Mango Smoothie V GF Apple Frudel V Egg, Sausage & Cheese English Muffin NEW! Mini Strawberry Pancakes V</p>	<p>18 Banana Bread w/Strawberry Yogurt V Iced Cinnamon Roll V Breakfast Pizza Homemade Egg, Sausage & Cheese Breakfast Burrito</p>	<p>19 Strawberry Banana Smoothie V GF Very Berry Smoothie V GF Sausage & Cheese Biscuit Mini Bagels w/Strawberry Cream Cheese V Mini Maple Pancakes V</p>	<p>20 Strawberry Banana Yogurt Parfait V GF* Iced Cinnamon Roll V Country Breakfast Bowl GF w/Buttered Toast Mini Blueberry Pancakes V</p>	<p>21 Strawberry Banana Smoothie V GF Blueberry Banana Smoothie V GF Ham, Egg & Cheese Big Bite Sandwich Breakfast Pizza Cinnamon French Toast V</p>
<p>24 Strawberry Banana Smoothie V GF Mango, Peach Banana Smoothie V GF Pancakes V & Sausage Sausage & Cheese Croissant NEW! Mini Strawberry Pancakes V</p>	<p>25 Blueberry Yogurt Parfait V GF* Iced Cinnamon Roll V Breakfast Pizza Egg, Sausage & Cheese Bagel Sandwich</p>	<p>26 Strawberry Banana Smoothie V GF Sunrise Banana Peach Smoothie V GF Egg, Ham & Cheese Muffin Apple Frudel V Fluffy Waffles V w/Canadian Bacon</p>	<p>27 Very Berry Yogurt Parfait V GF* Iced Cinnamon Roll V Homemade Sausage, Egg & Cheese Quesadilla Mini Blueberry Pancakes V</p>	<p>28 Strawberry Banana Smoothie V GF Mango Smoothie V GF Blueberry Pancake Wrap Egg, Bacon & Cheese Tacos Choice of Whole Grain Bagel w/Cream Cheese V</p>
<p>31 Strawberry Banana Smoothie Peach Smoothie V GF Biscuits & Gravy w/Sausage Sausage & Cheese Croissant Egg, Sausage & Cheese Big Bite 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 \$1.60/Reduced \$0.30

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

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

LUNCH MENU

OCTOBER

Middle School Lunch

LEANDER ISD
LEADING TO A BRIGHT FUTURE



**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: T- Build Your Own Cheesy Nachos GF or Burrito w/Choice of Fajita Chicken or Mexibeef
TH- Build Your Own Crispy Corn GF or Soft Tacos w/Choice of Fajita Chicken or Mexibeef

FRESH FRUIT & VEGETABLE BAR

Monday

3
Smokehouse: Stuffed BBQ Potato or Sandwich w/Pulled Beef BBQ Pork Rib Sub
Bistro Bowl: Steak Fingers or Chicken Nuggets w/Mashed Potatoes & Gravy
Gourmet Greens: Italian Salad GF*
Deli: Turkey & Cheese Wrap

Tuesday

4
Smokehouse: Stuffed BBQ Potato or Sandwich w/Pulled Beef BBQ Hot Dog
Adobe Grill: Build Your Own Nachos or Burrito V GF*
Gourmet Greens: SW Chicken Salad GF
Deli: Grilled Chicken Wrap

Wednesday

5
Smokehouse: Stuffed BBQ Potato or Sandwich w/Pulled Beef Chili Cheese Baked Potato
Bistro Bowl: Country Fried Steak or Chicken Nuggets w/Mashed Potatoes & Gravy
Gourmet Greens: Chicken Garden Salad GF*
Deli: Italian Wrap

Thursday

6
Smokehouse: Stuffed BBQ Potato or Sandwich w/Pulled Beef Sloppy Joe Sandwich
Adobe Grill: Build Your Own Beef or Chicken Tacos V GF*
Gourmet Greens: Crispy Buffalo Chicken Salad
Deli: Teriyaki Chicken Wrap

Friday

7
Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pulled BBQ Beef
Bistro Bowl: Steak Fingers or Chicken Nuggets w/Mashed Potatoes & Gravy
Gourmet Greens: Chef Salad GF*
Deli: Spicy Chicken Wrap



10
Smokehouse: Stuffed BBQ Potato w/Chicken, Beef or Pork
Adobe Grill: Build Your Own Nachos or Burrito V GF*
Lunch Box: Fruit & Yogurt Box V GF w/Graham Crackers
Deli: Turkey & Cheese Pita Pocket

12
Smokehouse: Stuffed BBQ Potato w/Chicken, Beef, or Broccoli & Cheese
Bistro Bowl: Popcorn Chicken or Meatloaf w/Mashed Potatoes & Gravy
Lunch Box: Hummus Pita Veggie Box V GF*
Deli: Crispy Chicken Ranch Wrap

13
Smokehouse: Stuffed BBQ Potato w/Chicken, Beef or Pork
Adobe Grill: Build Your Own Beef or Chicken Tacos V GF*
Lunch Box: Ham & Cheese Lunch Box GF w/Crackers
Deli: SW Veggie Wrap V

14
Smokehouse: Stuffed BBQ Potato w/Chicken, Beef, or Chili Cheese
Bistro Bowl: Popcorn Chicken or Country Fried Steak w/Rice or Mashed Potatoes & Gravy
Lunch Box: Tuna Salad Lunch Box GF w/Crackers
Deli: Ham, Turkey & Cheese Wrap

17
Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pork Philly: Beef or Chicken Cheesesteak w/Grilled Veggies & Crab Fries
Gourmet Greens: Spicy Chicken Caesar Salad
Deli: Ham & Cheese Wrap

18
Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pork
Adobe Grill: Build Your Own Nachos or Burrito V GF*
Gourmet Greens: SW Chicken Salad GF
Lunch Box: Sun Butter & Veggie Dippers Box V GF w/Graham Crackers

19
Smokehouse: Stuffed BBQ Potato or Sandwich w/Pulled Pork Sloppy Joe Sandwich
Philly: Beef or Pork Cheesesteak w/Grilled Veggies & Crab Fries
Gourmet Greens: Fresh Garden Salad V GF*
Deli: Ham, Turkey & Cheese Wrap

20
Smokehouse: Stuffed BBQ Potato or Sandwich w/Pulled Pork BBQ Hot Dog
Adobe Grill: Build Your Own Beef or Chicken Tacos V GF*
Gourmet Greens: Buffalo Chicken Salad
Lunch Box: Ham & Cheese Bunch Box GF w/Crackers

21
Smokehouse: Stuffed BBQ Potato or Sandwich w/Pulled Pork BBQ Pork Rib Sub
Philly: Beef or Chicken Cheesesteak w/Grilled Veggies & Crab Fries
Gourmet Greens: Chicken Taco Salad GF
Deli: Zesty Italian Wrap

24
Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken
Chili Cheese Baked Potato
Philly: Beef or Pork Cheesesteak w/Grilled Veggies & Crab Fries
Lunch Box: Fresh Fruit & Yogurt Box V GF w/Graham Crackers
Deli: Ham & Cheese Wrap

25
Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pulled Pork
Adobe Grill: Build Your Own Nachos or Burrito V GF*
Gourmet Greens: Chef Salad GF
Deli: Fresh Veggie Wrap V

26
Early Release
Ballpark Burgers & Chicken Delicatessen Subs & Croissants
Luigi's Homemade Pizzas
Gourmet Greens: Buffalo Ranch Chicken Salad
Lunch Box: Ham & Cheese Box GF w/Crackers

27
Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Pulled Pork
Adobe Grill: Build Your Own Beef or Chicken Tacos V GF*
Gourmet Greens: Crispy Chicken Salad
Deli: Teriyaki Chicken Wrap

28
Smokehouse: Stuffed BBQ Potato or Sandwich w/Chicken or Beef BBQ Hot Dog
Philly: Beef or Pork Cheesesteak w/Grilled Veggies & Crab Fries
Lunch Box: Hummus Pita Veggie Box V GF*w
Deli: Spicy Chicken Wrap

31
Traditional: Down Home Crispy Chicken & Waffles
Luigi's: Cheesy Baked Penne
Gourmet Greens: Fruit & Yogurt Plate V GF*
Deli: BBQ Chicken Wrap



V= Vegetarian Option (or vegetarian upon request)
GF = Naturally Gluten Free
GF*= GF Option Available Upon Request

Fat Free & Low Fat Milk Variety Offered Daily
Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast