



# OCTOBER | 2017

## EPBP LAKER SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Baked Cheese Sticks Corn Skim, FF or Low-Fat Milk	<b>3</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Chicken Egg Roll W/G Rice, Squash Chicken Parmesan Sandwich Skim, FF or Low-Fat Milk	<b>4</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Chicken Poppers W/G Roll Broccoli Skim, FF or Low-Fat Milk	<b>5</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Macaroni & Cheese Peas Chicken Noodle Soup W/Fish Crackers Skim, FF or Low-Fat Milk	<b>6</b> <b>NATIONAL SMILE DAY</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Pizza Potato Smiles Skim, FF or Low-Fat Milk
<b>9</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Cheese Quesadilla Spinach Skim, FF or Low-Fat Milk	<b>10</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Spaghetti W/G Bread Stick Corn Italian Sausage Hoagie Skim, FF or Low-Fat Milk	<b>11</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Bosco Sticks Sweet Potatoes Skim, FF or Low-Fat Milk	<b>12</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Chicken Fajita W/G Shell Potato Tots Lasagna W/Garlic Twist Skim, FF or Low-Fat Milk	<b>13</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Pizza Green Beans Skim, FF or Low-Fat Milk
<b>16</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Mini Corn Dogs Carrots Skim, FF or Low-Fat Milk	<b>17</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Chicken Gravy, Mashed Potatoes W/G Roll Corn Cuban Sandwich Skim, FF or Low-Fat Milk	<b>18</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Breakfast for Lunch Hash Browns Skim, FF or Low-Fat Milk	<b>19</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Chicken Fry's W/G Cracker Mixed Vegetables Sausage Cacciatore Skim, FF or Low-Fat Milk	<b>20</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Pizza Spinach Skim, FF or Low-Fat Milk
<b>23</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Orange Chicken W/G Rice Broccoli Skim, FF or Low-Fat Milk	<b>24</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Hamburger W/G Bun Potato Tots Turkey Florentine Wrap Skim, FF or Low-Fat Milk	<b>25</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Nacho Bites Refried Beans Skim, FF or Low-Fat Milk	<b>26</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Baked Chicken Leg W/G Roll Peas & Carrots Chicken Stir Fry Skim, FF or Low-Fat Milk	<b>27</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Pizza Carrots Skim, FF or Low-Fat Milk
<b>30</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Pizza Bites Sweet Potatoes Skim, FF or Low-Fat Milk	<b>31</b> <b>Breakfast</b> "Grab-n-Go" Fruit, FF or Low-Fat Milk <b>Lunch</b> Chicken Nuggets W/G Cracker Spinach Italian Flatbread Sandwich Skim, FF or Low-Fat Milk	Winter Squash "Harvest of the Month" Featured Item	<b>Breakfast Prices</b> DK – 5 <sup>th</sup> \$1.30 6 <sup>th</sup> – 12 <sup>th</sup> \$1.40 Adult \$1.90 Extra Milk \$.35 "Grab-n-Go" Includes bowl of WG cereal, fruit juice, graham cracker or pop-tart	<b>Lunch Prices</b> DK – 5 <sup>th</sup> \$2.30 6 <sup>th</sup> – 12 <sup>th</sup> \$2.50 Adult \$3.30 Extra Milk \$ .35

### LAKER NEWS

#### Elementary Optional Selections

Monday-Chicken Pattie & WG Bun  
 Tuesday-PBJ & Cheese Stick  
 Wednesday-Fish Patty & WG Bun  
 Thursday-Hot Dog & WG Bun  
 Friday-Chicken Tenders  
 Everyday Choice- Yogurt & Granola

#### Secondary Optional Selections

With Assorted Daily Specials

#### Salad Bar Vegetables/Fruits

Romaine Lettuce, Spinach, Broccoli, Cauliflower,  
 Carrots, Red Peppers, Legumes, Cucumbers, Onions,  
 Fresh Fruit & Canned Fruit

#### Milk Choices

Low-Fat, 1% White, Fat Free, Chocolate, Skim

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