



NOVEMBER | 2017

EPBP LAKER SCHOOLS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| Breakfast Prices DK – 5 th \$1.30 6 th – 12 th \$1.40 Adult \$1.90 Extra Milk \$.35 “Grab-n-Go” Includes bowl of WG cereal, fruit juice, graham cracker or pop-tart | Lunch Prices DK – 5 th \$2.30 6 th – 12 th \$2.50 Adult \$3.30 Extra Milk \$.35 | 1 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Baked Cheese Sticks Potato Smiles Skim, FF or Low-Fat Milk | 2 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Buffalo Chicken Popper W/G Cracker Green Beans Beef Taco Pie Skim, FF or Low-Fat Milk | 3 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch ½ Day No Lunch |
| 6 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Rib B-Q on W/G Bun Brussel Sprouts Cream Chicken & Rice Soup Skim, FF or Low-Fat Milk | 7 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Beef Burrito’s W/G Rice Carrots Hot Ham & Provolone on a Pretzel Bun Skim, FF or Low-Fat Milk | 8 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Walking Taco Refried Beans Skim, FF or Low-Fat Milk | 9 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch ½ Day No Lunch | 10 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Pizza Spinach Skim, FF or Low-Fat Milk |
| 13 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Mini Corn Dogs Broccoli Skim, FF or Low-Fat Milk | 14 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Chicken Alfredo W/G Bread Stick Peas Homemade Lunchables Skim, FF or Low-Fat Milk | 15 NO SCHOOL PD DAY | 16 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Chicken Poppers W/G Roll Squash Mexican 7-Layer Dip W/Doritos Skim, FF or Low-Fat Milk | 17 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Pizza WinterBlend Skim, FF or Low-Fat Milk |
| 20 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Stuffed Pretzel Spinach Skim, FF or Low-Fat Milk | 21 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Chicken Tetrizini W/G Roll Corn Chicken Club Wrap Skim, FF or Low-Fat Milk | 22 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Bosco Sticks Beets Skim, FF or Low-Fat Milk | 23 NO SCHOOL THANKSGIVING BREAK | 24 NO SCHOOL THANKSGIVING BREAK |
| 27 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Pizza Calzone Carrots Skim, FF or Low-Fat Milk | 28 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Honey BBQ Riblets W/G Roll Mixed Vegetables Cream of Broccoli Soup W/ Fish Crackers Skim, FF or Low-Fat Milk | 29 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Chicken Nuggets W/G Cracker Broccoli Skim, FF or Low-Fat Milk | 30 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Shrimp Poppers Cheese Stick & W/G Cracker Greenbean Casserole Pizza Burgers Skim, FF or Low-Fat Milk | Dry Beans “Harvest of the Month” Featured Item |

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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