









LA SALLE CHARTER SCHOOL

BREAKFAST, LUNCH & AFTERNOON SNACK MENU

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<u>BREAKFAST</u> WG Low-Sugar Cereal Egg Patty WG- Biscuit Fresh Fruit Milk, Fat Free <u>LUNCH</u> BBQ Chicken Baked Cinnamon Apples Green Peas Roll Milk, Fat Free	<u>BREAKFAST</u> Pancake Sausage Fresh Fruit Fruit Juice, Assorted Milk, Fat Free  <u>LUNCH</u> Toasted Ravioli Homemade Spaghetti W/Meat Fresh Greens with Orange Sunshine Dressing Corn Fresh Fruit/Seasonal Milk, Fat Free	<u>BREAKFAST</u> WG Low-Sugar Cereal Strawberry Yogurt Graham Crackers Fresh Fruit Milk, Fat Free <u>LUNCH</u> Chicken Nuggets Green Beans Pears Animal Crackers Milk, Fat Free	<u>BREAKFAST</u> Blueberry Muffin Egg Patty Fresh Fruit Milk, Fat Free <u>LUNCH</u> Deli Sub On WG Bun Baked Beans Fresh Fruit/Seasonal Graham Crackers Milk, Fat Free	<u>BREAKFAST</u> WG Low-Sugar Cereal Bagel with Cream Cheese Fresh Fruit Fruit Juice, Assorted Milk, Fat Free <u>LUNCH</u> Chicken Wrap Carrots Celery Sticks Peaches Milk, Fat Free
8	9	10	11	12
<u>BREAKFAST</u> Egg Patty WG- Blueberry Muffin Fresh Fruit Milk, Fat Free  <u>LUNCH</u> Grilled Hamburger On A Bun Oven Roasted Potatoes Pineapple Chunks Milk, Fat Free	<u>BREAKFAST</u> Pancake Sausage Fresh Fruit Fruit Juice, Assorted Milk, Fat Free <u>LUNCH</u> Chicken Strips Pork & Beans Fruit Annie's Crackers Milk, Fat Free	<u>BREAKFAST</u> WG Low-Sugar Cereal Strawberry Yogurt Graham Crackers Fresh Fruit Milk, Fat Free <u>LUNCH</u> Mostaccioli With Meat Green Beans Jell-O With Peaches Roll Milk, Fat Free	<p style="text-align: center;"><i>Veteran's Day!!!</i></p>  	<u>BREAKFAST</u> WG Low-Sugar Cereal Bagel with Cream Cheese Fresh Fruit Fruit Juice, Assorted Milk, Fat Free <u>LUNCH</u> Chicken Strips Broccoli Fruit Milk, Fat Free
15	16	17	18	19
<u>BREAKFAST</u> Egg Patty WG- Biscuit Fresh Fruit Milk, Fat Free <u>LUNCH</u> Homemade Chicken Breast On A Bun Corn Oranges Milk, Fat Free	<u>BREAKFAST</u> WG-French Toast Stick WG Low-Sugar Cereal Fresh Fruit Fruit Juice, Assorted Milk, Fat Free <u>LUNCH</u> Sock & Rock Chili Carrots Stick With Ranch Roll Pineapple Chunk Milk, Fat Free	<u>BREAKFAST</u> Pancake/ Sausage On A Stick WG- Low-Sugar Cereal Fresh Fruit Milk, Fat Free <u>LUNCH</u> Corn Dog Spinach Fresh Fruit Animal Crackers Milk, Fat Free	<u>BREAKFAST</u> WG Low-Sugar Cereal Strawberry Yogurt Fresh Fruit Milk, Fat Free <u>LUNCH</u> Soft Beef Taco Shredded Lettuce/ Tomatoes Fiesta Beans Fresh Fruit Milk, Fat Free	<u>BREAKFAST</u> Round Multigrain Waffle WG Low-Sugar Cereal Fresh Fruit Fruit Juice, Assorted Milk, Fat Free <u>LUNCH</u> Mac & Cheese Green Beans Roll Mixed Fruit Milk, Fat Free
22	23	24	25	26
<u>BREAKFAST</u> WG Low-Sugar Cereal Egg Patty WG- Biscuit Fresh Fruit Milk, Fat Free  <u>LUNCH</u> Macho Nachos Fiesta Beans Broccoli With Ranch Dressing Mandarin Oranges Milk, Fat Free	<u>BREAKFAST</u> Pancake Sausage Fresh Fruit Fruit Juice, Assorted Milk, Fat Free <u>LUNCH</u> All Beef Hot Dog On A Bun French Fries Vegetables Jell-O With Fruit Milk, Fat Free	 		
29	30			
<u>BREAKFAST</u> WG Low-Sugar Cereal Strawberry Yogurt Graham Crackers Fresh Fruit Milk, Fat Free <u>LUNCH</u> Chicken Fettuccine Green Peas Fresh Fruit Milk, Fat Free	<u>BREAKFAST</u> WG-French Toast Stick WG Low-Sugar Cereal Fresh Fruit Fruit Juice, Assorted Milk, Fat Free <u>LUNCH</u> Taco Salad With Beef Fiesta Beans Fresh Fruit Milk, Fat Free			

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