

# LCELC Menu

	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 1	<b>Breakfast</b>	Oatmeal, Bananas Milk	<b>Breakfast</b>	Cold Cereal, Turkey Sausage Links, Milk	<b>Breakfast</b>	Bagels with Cream Cheese, Milk	<b>Breakfast</b>	Fruit Muffin, Milk	<b>Breakfast</b>	Yogurt w/fruit and granola, Milk
	<b>Lunch</b>	Southwestern 2-Bean Chili, Saltines, Pineapple, Milk	<b>Lunch</b>	Turkey & Cheese on Whole Wheat Sandwich, Carrot Sticks & Ranch, Peaches, Milk	<b>Lunch</b>	Fish Sticks, Broccoli Salad, Pears, Milk	<b>Lunch</b>	Sloppy Joe on Whole Wheat Bun, Corn, Applesauce, Milk	<b>Lunch</b>	Baked Chicken Strips, Peas, Mashed Potatoes & Gravy, Mandarin Oranges, Milk
	<b>Snack</b>	Kid Snack Mix, 100% Fruit Juice	<b>Snack</b>	Goldfish, 100% Fruit Juice	<b>Snack</b>	Granola Bars, 100% Fruit Juice	<b>Snack</b>	Animal Crackers, 100% Fruit Juice	<b>Snack</b>	Pretzels & Mustard, 100% Fruit Juice
Week 2	<b>Breakfast</b>	Cold Cereal, Milk	<b>Breakfast</b>	Bagels with Cream Cheese, Milk	<b>Breakfast</b>	Grits, Turkey Sausage Links, Milk	<b>Breakfast</b>	Fruit Muffin, Milk	<b>Breakfast</b>	Whole Grain French Toast Sticks, Milk
	<b>Lunch</b>	Chicken Nuggets, Mashed Sweet Potatoes, Peas, Milk	<b>Lunch</b>	Turkey & Rice Soup, Peas, Pineapple, Milk	<b>Lunch</b>	Chicken Salad Sandwich, Broccoli, Applesauce, Milk	<b>Lunch</b>	Tuna Cakes, Corn, Peaches, Milk	<b>Lunch</b>	Ground Beef Stroganoff, Green Beans, Mandarin Oranges, Milk
	<b>Snack</b>	Yogurt and Apple Slices, 100% Fruit Juice	<b>Snack</b>	Nutri-Grain Bars, 100% Fruit Juice	<b>Snack</b>	Cheese & Crackers, 100% Fruit Juice	<b>Snack</b>	Graham Crackers, Milk	<b>Snack</b>	Agava Oatmeal Cookies, 100% Fruit Juice
Week 3	<b>Breakfast</b>	Bagels with Cream Cheese, Milk	<b>Breakfast</b>	Fruit Muffin, Milk	<b>Breakfast</b>	Cold Cereal, Milk	<b>Breakfast</b>	Oatmeal, Milk	<b>Breakfast</b>	Yogurt w/fruit and granola, Milk
	<b>Lunch</b>	Macaroni & Cheese w/Ham, Lima Beans, Peaches, Milk	<b>Lunch</b>	Turkey & Tetrazzini, Green Beans, Applesauce, Milk	<b>Lunch</b>	Fish Sticks, Peas, Garlic Smashed Potatoes, Mandarin Oranges, Milk	<b>Lunch</b>	Individual Pita Pizza, Romaine Lettuce Salad, Pineapple, Milk	<b>Lunch</b>	Grand Canyon (Beef, Rice & Diced Tomatoes), Carrots, Peas, Milk
	<b>Snack</b>	Kid Snack Mix, 100% Fruit Juice	<b>Snack</b>	Animal Crackers, 100% Fruit Juice	<b>Snack</b>	Granola Bars, 100% Fruit Juice	<b>Snack</b>	Crackers & Cheese, 100% Fruit Juice	<b>Snack</b>	Pretzels & Mustard, 100% Fruit Juice
Week 4	<b>Breakfast</b>	Cold Cereal, Milk	<b>Breakfast</b>	Whole Grain French Toast Sticks, Milk	<b>Breakfast</b>	Grits, Turkey Sausage, Milk	<b>Breakfast</b>	Fruit Muffin, Milk	<b>Breakfast</b>	Bagel & Cream Cheese, Milk
	<b>Lunch</b>	Hawaiian Chicken, Brown Rice, Peas, Pineapple, Milk	<b>Lunch</b>	Rotini w/Meat Sauce, Romaine Lettuce Salad, Peas, Milk	<b>Lunch</b>	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Peaches, Milk	<b>Lunch</b>	Tuna Noodle Casserole, Green Beans, Applesauce, Milk	<b>Lunch</b>	2/15/11
	<b>Snack</b>	String Cheese, 100% Fruit Juice	<b>Snack</b>	Nutri-Grain Bars, 100% Fruit Juice	<b>Snack</b>	Yogurt and Apple Slices, 100% Fruit Juice	<b>Snack</b>	Graham Crackers, 100% Fruit Juice	<b>Snack</b>	Goldfish, 100% Fruit Juice

-LCELC is a Peanut/Tree Nut Free School

-We use Natural Ingredients and Fresh/Frozen Produce

-Our goal is to help children make healthy food choices

-Menu subject to change. All changes/substitutions will be posted.