

# Lakeport Unified School District

## October Preschool Menu Breakfast

Sep 30, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  Blueberry Muffin Breakfast Kit K- 3 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 4  Jump-Start Apple Jacks Breakfast Kit K-3 Pancakes with Sausage Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 5  Buttermilk Bar Breakfast Kit K- 3 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 6  Cereal Bar Breakfast Kit K- 3 Egg & Saus Tornados Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 7  Apple Cinnamon Breakfast Kit K- 3 Biscuits & Gravy with Sausage Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 8  Apple Cinnamon Breakfast Kit K- 3 Egg & Saus Tornados Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 11  NO SCHOOL TODAY	Oct - 12  Buttermilk Bar Breakfast Kit K- 3 Chicken and Waffle Sandwich Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 13  Yogurt and Granola String Cheese Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 14  Jump-Start Apple Jacks Breakfast Kit K-3 Egg Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 15  Blueberry Muffin Breakfast Kit K- 3 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 18  Jump-Start Apple Jacks Breakfast Kit K-3 Pancakes with Sausage Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 19  Buttermilk Bar Breakfast Kit K- 3 Croissant Egg, Ham Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 20  Cereal Bar Breakfast Kit K- 3 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 21  Apple Cinnamon Breakfast Kit K- 3 Egg & Saus Tornados Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 22  Blueberry Muffin Breakfast Kit K- 3 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 25  Blueberry Muffin Breakfast Kit K- 3 Mini Maple Pancakes Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 26  Jump-Start Apple Jacks Breakfast Kit K-3 Chicken and Waffle Sandwich Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 27  Yogurt and Granola String Cheese Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 28  Apple Cinnamon Breakfast Kit K- 3 Egg Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 29  Egg, Sausage Burrito Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety

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# Lakeport Unified School District

## October Preschool Lunch Menu

Sep 30, 2021

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety
Oct - 4  Grab & Go Silders w/ Veggies, Fruit & Chips Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 5  Grab & Go Popcorn Chicken Bowls Fresh Fruit Variety Milk- Variety	Oct - 6  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 7  Burrito Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 8  Papa Murphy's Pizza Salad Cup Fresh Fruit Variety Milk- Variety
Oct - 11  NO SCHOOL TODAY	Oct - 12  Chili Cheese Nacho's Carrot Sticks Fresh Fruit Assorted Milk- Variety	Oct - 13  Spicy Chicken Sliders Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 14  Taco stick Celery Sticks Fresh Fruit Variety Milk- Variety Goldfish Cheddar	Oct - 15  Pizza Cheese Round Salad Cup Fresh Fruit Variety Milk- Variety
Oct - 18  Chicken Burger French Fries Lettuce Tomato Pickles Fresh Fruit Assorted Milk- Variety	Oct - 19  Grilled Cheese Sandwich Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 20  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 21  Burrito Spanish Rice Fresh Fruit Variety Milk- Variety	Oct - 22  W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety
Oct - 25  Calzone Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 26  Pretzel dog Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 27  Grab & Go Silders w/ Veggies, Fruit & Chips Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 28  BBQ Hamburger w/ Cheese Lettuce Tomato Pickles Macaroni Salad CORN ON THE COB WATERMELON,CHUNKS Milk- Variety	Oct - 29  Pizza Cheese Round Salad Cup Fresh Fruit Variety Milk- Variety

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# Lakeport Unified School District

## October K-8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  Blueberry Muffin Breakfast Kit K- 3 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 4  Jump-Start Apple Jacks Breakfast Kit K-3 Pancakes with Sausage Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 5  Buttermilk Bar Breakfast Kit K- 3 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 6  Cereal Bar Breakfast Kit K- 3 Egg & Saus Tornados Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 7  Apple Cinnamon Breakfast Kit K- 3 Biscuits & Gravy with Sausage Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 8  Apple Cinnamon Breakfast Kit K- 3 Egg & Saus Tornados Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 11  NO SCHOOL TODAY	Oct - 12  Buttermilk Bar Breakfast Kit K- 3 Chicken and Waffle Sandwich Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 13  Yogurt and Granola String Cheese Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 14  Jump-Start Apple Jacks Breakfast Kit K-3 Egg Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 15  Blueberry Muffin Breakfast Kit K- 3 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 18  Jump-Start Apple Jacks Breakfast Kit K-3 Pancakes with Sausage Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 19  Buttermilk Bar Breakfast Kit K- 3 Croissant Egg, Ham Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 20  Cereal Bar Breakfast Kit K- 3 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 21  Apple Cinnamon Breakfast Kit K- 3 Egg & Saus Tornados Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 22  Blueberry Muffin Breakfast Kit K- 3 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 25  Blueberry Muffin Breakfast Kit K- 3 Mini Maple Pancakes Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 26  Jump-Start Apple Jacks Breakfast Kit K-3 Chicken and Waffle Sandwich Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 27  Yogurt and Granola String Cheese Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 28  Apple Cinnamon Breakfast Kit K- 3 Egg Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 29  Egg, Sausage Burrito Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety

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# Lakeport Unified School District

## October K-8 Lunch Menu

Sep 23, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety
Oct - 4  Grab & Go Silders w/ Veggies, Fruit & Chips Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 5  Grab & Go Popcorn Chicken Bowls Fresh Fruit Variety Milk- Variety	Oct - 6  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 7  Burrito Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 8  Papa Murphy's Pizza Salad Cup Fresh Fruit Variety Milk- Variety
Oct - 11  NO SCHOOL TODAY	Oct - 12  Chili Cheese Nacho's Carrot Sticks Fresh Fruit Assorted Milk- Variety	Oct - 13  Spicy Chicken Sliders Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 14  Taco stick Celery Sticks Fresh Fruit Variety Milk- Variety Goldfish Cheddar	Oct - 15  Pizza Cheese Round Salad Cup Fresh Fruit Variety Milk- Variety
Oct - 18  Chicken Burger French Fries Lettuce Tomato Pickles Fresh Fruit Assorted Milk- Variety	Oct - 19  Grilled Cheese Sandwich Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 20  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 21  Burrito Spanish Rice Fresh Fruit Variety Milk- Variety	Oct - 22  W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety
Oct - 25  Calzone Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 26  Pretzel dog Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 27  Grab & Go Silders w/ Veggies, Fruit & Chips Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 28  BBQ Hamburger w/ Cheese Lettuce Tomato Pickles Macaroni Salad CORN ON THE COB WATERMELON,CHUNKS Milk- Variety	Oct - 29  Pizza Cheese Round Salad Cup Fresh Fruit Variety Milk- Variety

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# Lakeport Unified School District

## October High School Breakfast Menu

Sep 29, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 4  Pancakes with Sausage Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 5  Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 6  Egg & Saus Tornados Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 7  Biscuits & Gravy with Sausage Daily Yogurt Bar Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 8  Egg & Saus Tornados Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 11  NO SCHOOL TODAY	Oct - 12  Chicken and Waffle Sandwich Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 13  Yogurt and Granola Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 14  Egg Casserole Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 15  Sausage Breakfast Pizza Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 18  Pancakes with Sausage Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 19  Croissant Egg, Ham Daily Yogurt Bar Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 20  Potato Bake Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 21  Egg & Saus Tornados Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 22  Sausage Breakfast Pizza Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Oct - 25  Mini Maple Pancakes Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 26  Chicken and Waffle Sandwich Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 27  Yogurt and Granola Breakfast Sandwich Bar Choice of Meat or egg String Cheese Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 28  Egg Casserole Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Oct - 29  Egg, Sausage Burrito Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety

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# Lakeport Unified School District

## October High School Lunch Menu

Sep 29, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  Papa Murphy's Pizza Salad Cup Fresh Fruit Variety Milk- Variety
Oct - 4  Grab & Go Silders w/ Veggies, Fruit & Chips Grab & Go Wrap w/ Veggies,Fruit & Chips Fresh Fruit Variety Milk- Variety	Oct - 5  Grab & Go Popcorn Chicken Bowls Grab & Go Salad Chef, Asian, or Garden Fresh Fruit Variety Milk- Variety	Oct - 6  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Chili Dog FRENCH FRIES Fresh Fruit Variety Milk- Variety	Oct - 7  Burrito Meatball Sub Ham & Cheese Sliders FRENCH FRIES Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 8  W.G. Corn Dog Celery Sticks Grab & Go Wrap w/ Veggies,Fruit & Chips Fresh Fruit Variety Milk- Variety
Oct - 11  NO SCHOOL TODAY	Oct - 12  Chili Cheese Nacho's Ham Chipotle Wrap Turkey Pesto Wrap Carrot Sticks Fresh Fruit Assorted Milk- Variety	Oct - 13  Spicy Chicken Sliders Chicken Fritters Mac and Cheese MIXED VEGETABLES Fresh Fruit Variety Milk- Variety	Oct - 14  Taco bar with choice of Chicken,Beef & Toppings tamale Quesadilla Cheese Refried Beans Spanish Rice Fresh Fruit Variety Milk- Variety	Oct - 15  Pizza Cheese Round Grab & Go Salad Chef, Asian, or Garden Grab & Go P.B & J Sammy w/ Veggie, Fruit & Chips Fresh Fruit Variety Milk- Variety
Oct - 18  Chicken Burger French Fries Lettuce Tomato Pickles Grab & Go Salad Chef, Asian, or Garden Fresh Fruit Assorted Milk- Variety	Oct - 19  Grilled Cheese Sandwich Grab & Go Wrap w/ Veggies,Fruit & Chips Grab & Go Salad Chef, Asian, or Garden Fresh Fruit Variety Milk- Variety	Oct - 20  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Pasta Bar w/ Choice of Meats & Sauces Fresh Fruit Variety Milk- Variety	Oct - 21  Burrito tamale Quesadilla Cheese Spanish Rice Grab & Go Salad Chef, Asian, or Garden Fresh Fruit Variety Milk- Variety	Oct - 22  W.G. Corn Dog Celery Sticks Grab & Go Wrap w/ Veggies,Fruit & Chips Grab & Go Salad Chef, Asian, or Garden Fresh Fruit Variety Milk- Variety
Oct - 25  Calzone Pasta Bar w/ Choice of Meats & Sauces Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 26  Pretzel dog Chili Cheese Fries Grab & Go Wrap w/ Veggies,Fruit & Chips Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 27  Grab & Go Silders w/ Veggies, Fruit & Chips Grab & Go Deli Sandwich w/ Veggie, Fruit & Chips Grab & Go Wrap w/ Veggies,Fruit & Chips Fresh Fruit Variety Milk- Variety	Oct - 28  BBQ Hamburger w/ Cheese Lettuce Tomato Pickles Macaroni Salad CORN ON THE COB WATERMELON,CHUNKS Milk- Variety	Oct - 29  Papa Murphy's Pizza Salad Cup Grab & Go P.B & J Sammy w/ Veggie, Fruit & Chips Fresh Fruit Variety Milk- Variety

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# Lakeport Unified School District

## October Supper Program Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  Uncrustable Carrot Sticks Fresh Fruit Variety Milk- Variety Goldfish Pretzel
Oct - 4  Papa Murphy's Pizza Salad Cup Fresh Fruit Variety Milk- Variety	Oct - 5  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 6  Burrito Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 7  Grab & Go Popcorn Chicken Bowls Fresh Fruit Variety Milk- Variety	Oct - 8  Grab & Go Silders w/ Veggies, Fruit & Chips Carrot Sticks Fresh Fruit Variety Milk- Variety
Oct - 11  NO SCHOOL TODAY	Oct - 12  Taco stick Celery Sticks Fresh Fruit Variety Milk- Variety Goldfish Cheddar	Oct - 13  Spicy Chicken Sliders Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 14  Pizza Cheese Round Salad Cup Fresh Fruit Variety Milk- Variety	Oct - 15  Chili Cheese Nacho's Carrot Sticks Fresh Fruit Assorted Milk- Variety
Oct - 18  Burrito Spanish Rice Fresh Fruit Variety Milk- Variety	Oct - 19  W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 20  Grab & Go Roast Beef Sub w/ Mac Salad,Fruit & Veg Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 21  Grilled Cheese Sandwich Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 22  Chicken Burger French Fries Lettuce Tomato Pickles Fresh Fruit Assorted Milk- Variety
Oct - 25  Grab & Go Silders w/ Veggies, Fruit & Chips Celery Sticks Fresh Fruit Variety Milk- Variety	Oct - 26  BBQ Hamburger w/ Cheese Lettuce Tomato Pickles Macaroni Salad CORN ON THE COB WATERMELON,CHUNKS Milk- Variety	Oct - 27  Pizza Cheese Round Salad Cup Fresh Fruit Variety Milk- Variety	Oct - 28  Pretzel dog Carrot Sticks Fresh Fruit Variety Milk- Variety	Oct - 29  Calzone Carrot Sticks Fresh Fruit Variety Milk- Variety

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