

School Lunch October 2012

Contributed by Michael Crewse
Sunday, 14 October 2012

Lexington City Schools Cafeterias

2012 OCTOBER

Meal
1-Oct
2-Oct
3-Oct
4-Oct
5-Oct

Breakfast

Lunch

Intersession
Intersession
Intersession
Intersession
Intersession

Meal
8-Oct
9-Oct
10-Oct
11-Oct
12-Oct

Lunch

OUT

FOR
FALL
BREAK

Meal
15-Oct
16-Oct
17-Oct
18-Oct
19-Oct

Sausage Biscuit
Breakfast Bites/Juice
Chicken Biscuit
Yogurts & Muffins
Breakfast Pizza

Lunch
Pepperoni Pizza
Fish

Spaghetti w/ Meat Sauce
Grilled Chicken Sandwich or
Soft Shell Taco or

Corn Dogs
Hamburger Steak/ Gravy
or Sliced Ham w/ WGRoll
Sweet & Sour Chicken W/
Ham Sandwich

Corn Cobette
White Beans
Carrot Souffle'
Whole Grain Rice
Romaine/Tomato

Fries
Turnip Green
Crisp Cole Slaw
Stir Fry Vegetables
Refried Beans

Pineapples
Hush Puppies
Applesauce
Whole Kernel Corn
Grated Cheese Cup

Pears

Mandarin Oranges
Fruit Cup

BBQ Twist
Chef Salad
Chef Salad
Chef Salad
Taco Salad Special

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal
22-Oct
23-Oct
24-Oct

25-Oct
26-Oct

Sausage Biscuit
Waffle / Sausage
Chicken Biscuit
Pancakes/ Juice
Breakfast Pizza

Lunch
Cheeseburger
Breaded Chicken Patty
Chicken Vegetable Soup
Chicken Quesadilla/ Salsa
Chicken Nuggets

Lettuce/ Tomato/ Pickes
Beef Fingers
Choice of Sandwich
Fish Sandwich
Meatloaf

Tuna Salad Sandwich
Pinto Beans
Dill Pickle Spear
Spinach Saladw/ Dressing Cup
Fluffy Potatoes

Veggie Sticks w/Dressing Cup
Broccoli w/ Cheese
Carrot Sticks
Sweet Potato Puffs
English Peas

Baked Beans
Cornbread
Strawberries
Orange Wedges
Apple Wedges

Pineapples
Fruit Cups
Whole Wheat Crackers

Cheesy Garlic Bread Stick

Chef Salad
Chef Salad
Chef Salad
Hoppin' & Poppin' Special

Chef Salad

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal
29-Oct
30-Oct
31-Oct
1-Nov
2-Nov

Sausage Biscuit
Oatmeal/ Juice
Breaded Crow
Yogurts & Muffins
Breakfast Pizza

Lunch
Chicken Noodle
Chilli
Halloween Menu
Teriyaki Chicken w/
Hamburger

Salisbury Steak
Grated Cheese & Crackers
Choice of
Whole Grain Noodles or
Chicken Salad Sandwich

Green Beans
or Hot Dog
Spell of the Day Sandwich
Grilled Cheese Sandwich
Lettuce/ Tomato/ Pickles

Glazed Carrots
Crisp Cole Slaw
X-ray Vision Carrots w/
Steamed Vegetables
Krinkle Cut Fries

Baked Apples
Celery Sticksw/ Dressing Cup
Ghostly Ranch Dressing
Baked Squash
Orange Wedges

Whole Grain Rolls
Pineapple Tidbits
Peel'em and Eat'em Bananas
Fruit Cup

Chef Salad
Chef Salad
Sliced & Diced Salad
Chef Salad
Fire House Special

Choice of Milk
Choice of Milk
Choice of Mummy Milk
Choice of Milk
Choice of Milk

Cereal/Cereal Bars or Yogurt & Fruit will be offered daily as an alternative breakfast choice.

Chef Salad or Specialty Salads will be offered daily as an alternative lunch choice for grades 3-8.

2oz meat/meat alternate

Minimum 3/4 cup serving of vegetable/fruit

1-2 Bread Servings (Minimum of 8 per week)

1 cup milk (Choice of 1/2 pt. 1% white milk or 1/2 pt. 1% Chocolate milk)

"This institution is a an equal opportunity provider."