

CWL ELEMENTARY - LUVERNE BUILDING  
BREAKFAST AND LUNCH MENU

MONDAY, OCTOBER 1

BREAKFAST: WHOLE GRAIN WAFFLES, SAUSAGE LINK, BLUEBERRIES, JUICE, MILK  
LUNCH: CHICKEN TETRAZZINI, TOSSED ROMAINE SALAD, STEAMED CARROTS, WHOLE GRAIN BREADSTICK, KIWI, MILK

TUESDAY, OCTOBER 2

BREAKFAST: BISCUITS AND SAUSAGE GRAVY, CHEESE STICK, ORANGE WEDGES, JUICE, MILK  
LUNCH: MR. RIB ON A WHOLE GRAIN BUN, DARK GREEN LEAF LETTUCE AND TOMATO, TRI TATOR, GREEN BEANS, STRAWBERRIES, MILK

WEDNESDAY, OCTOBER 3

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK  
LUNCH: LASAGNA, GARDEN SALAD, WHOLE GRAIN FRENCH GARLIC BREAD, APPLE WEDGES, MILK

THURSDAY, OCTOBER 4

BREAKFAST: EGG OMELET, BLUEBERRY MUFFIN, APPLE WEDGES, JUICE, MILK  
LUNCH: CHICKEN DRUMSTICK, MASHED POTATOES, FRESH BROCCOLI, CORN, WHEAT BREAD, WATERMELON, MILK

FRIDAY, OCTOBER 5

BREAKFAST: WHOLE GRAIN CINNAMON ROLLS, ASSORTED FRUIT, JUICE, MILK  
LUNCH: SLOPPY JOE, SWEET POTATO PUFFS, BAKED BEANS, GRAPES, MILK

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MONDAY, OCTOBER 8

BREAKFAST: EGG /SAUSAGE PATTIE, WHEAT TOAST WITH JELLY, PEACHES, JUICE, MILK  
LUNCH: WEINER WINKS, POTATO WEDGES, BROCCOLI AND CHEESE, MANDARIN ORANGES, JELLO, MILK

TUESDAY, OCTOBER 9

BREAKFAST: CEREAL, MUFFIN, BANANA, JUICE, MILK  
LUNCH: CHICKEN WRAP, ROMAINE AND TOMATO, STEAMED CARROTS, SIDE KICK FRUIT SLUSHY, MILK

WEDNESDAY, OCTOBER 10

BREAKFAST: FRENCH TOAST STICKS, BLUEBERRIES, JUICE, MILK  
LUNCH: SPAGHETTI AND MEAT SAUCE, GARDEN SALAD, GARLIC BREAD STICK, GRAPES, MILK

THURSDAY, OCTOBER 11

BREAKFAST: BREAKFAST SANDWICH, ORANGE WEDGES, JUICE, MILK  
LUNCH: WALKING TACO, REFRIED BEANS, CINNAMON PUFF, PINEAPPLE TIDBITS, MILK

FRIDAY, OCTOBER 12

BREAKFAST: YOGURT PARFAITS, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK  
LUNCH: CHICKEN AND NOODLES, MASHED POTATOES, GREEN BEANS, CANTELOPE, MILK

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MONDAY, OCTOBER 15

BREAKFAST: CEREAL, BAGEL WITH JELLY, BANANA, JUICE, MILK  
LUNCH: HAMBURGER ON A BUN, DARK GREEN LEAF LETTUCE AND TOMATO, SWEET POTATO FRIES, APPLE WEDGES, MILK

TUESDAY, OCTOBER 16

BREAKFAST: PANCAKES, SAUSAGE LINK, APPLESAUCE, JUICE, MILK

LUNCH: CHICKEN NUGGETS, MASHED POTATOES, FRESH BROCCOLI, STRAWBERRIES AND BANANAS, MILK

WEDNESDAY, OCTOBER 17

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, APPLE WEDGES, JUICE, MILK

LUNCH: CHILI WITH WHOLE GRAIN CRACKERS, CELERY AND CUCUMBERS, WHOLE GRAIN CINNAMON ROLL, ORANGE SMILES, MILK

THURSDAY, OCTOBER 18

BREAKFAST: CEREAL, POPTART, BANANA, JUICE, MILK

LUNCH: SCALLOPED POTATOES WITH HAM, SWEET POTATOES, GREEN BEANS, CHEESE SANDWICH, WATERMELON, MILK

FRIDAY, OCTOBER 19

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, ASSORTED FRUIT, JUICE, MILK

LUNCH: MACARONI AND CHEESE, MEATBALLS, PEAS, BABY CARROTS, KIWI, MILK

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MONDAY, OCTOBER 22

BREAKFAST: BREAKFAST PIZZA, WATERMELON, JUICE, MILK

LUNCH: HOT HAM AND CHEESE ON A BUN, POTATO WEDGES, FRESH BROCCOLI, GRAPES, MILK

TUESDAY, OCTOBER 23

BREAKFAST: EGG OMELET, CINNAMON MUFFIN, GRAPES, JUICE, MILK

LUNCH: PEPPERONI PIZZA, TOSSED ROMAINE SALAD, GARLIC BREAD CHEESE STICK WITH MARINARA, BANANA, MILK

WEDNESDAY, OCTOBER 24

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK

LUNCH: TACOS, DARK GREEN LEAF LETTUCE AND TOMATO, REFRIED BEANS, WHEAT BREAD, SLICED PEACHES, MILK

THURSDAY, OCTOBER 25

BREAKFAST: FRENCH TOAST STICKS, MANDARIN ORANGES, JUICE, MILK

LUNCH: ITALIAN PASTA BAKE, GREEN PEPPER STRIPS AND BABY CARROTS, APPLESAUCE, ROYAL BROWNIE, MILK

FRIDAY, OCTOBER 26

BREAKFAST: WHOLE GRAIN LONG JOHNS, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: CHICKEN PATTIE, MASHED POTATOES AND GRAVY, GREEN BEANS, ORANGE WEDGES, MILK

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MONDAY, OCTOBER 29

BREAKFAST: PANCAKES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK

LUNCH: BBQ SHREDDED BEEF ON A BUN, SWEET POTATO PUFFS, BAKED BEANS, ORANGE SMILES, MILK

TUESDAY, OCTOBER 30

BREAKFAST: BISCUITS AND SAUSAGE GRAVY, CHEESE STICK, APPLE WEDGES, JUICE, MILK

LUNCH: STROMBOLI, GARDEN SALAD, CARROTS, WATERMELON, MILK

WEDNESDAY, OCTOBER 31

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK

LUNCH: HALLOWEEN MENU TO BE ANNOUNCED