

**CWL ELEMENTARY - LUVERNE BUILDING
OCTOBER BREAKFAST AND LUNCH MENU**

THURSDAY, OCTOBER 1

BREAKFAST: BREAKFAST SANDWICH, MIXED FRUIT, JUICE, MILK
LUNCH: POPCORN CHICKEN, MASHED POTATOES, FRESH VEGETABLES, CORN, WHEAT BREAD, PEACHES, MILK

FRIDAY, OCTOBER 2

BREAKFAST: YOGURT PARFAIT, STRAWBERRIES AND BLUEBERRIES, GRANOLA, JUICE, MILK
LUNCH: SLOPPY JOES ON A WHOLE GRAIN BUN, SWEET POTATO PUFFS, BAKED BEANS, GRAPES, MILK

MONDAY, OCTOBER 5

BREAKFAST: BREAKFAST PIZZA, PEACHES, JUICE, MILK
LUNCH: WEINER WINK, POTATO WEDGES, BROCCOLI WITH CHEESE, MANDARIN ORANGES, JELLO, MILK

TUESDAY, OCTOBER 6

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: CHICKEN WRAP, LETTUCE AND TOMATO CUP, MEXICAN RICE, STEAMED CARROTS, APPLE WEDGES, MILK

WEDNESDAY, OCTOBER 7

BREAKFAST: BISCUITS AND GRAVY, CHEESE STICK, ORANGE SMILES, JUICE, MILK
LUNCH: SPAGHETTI WITH MEAT SAUCE, GARDEN SALAD, FRENCH BREAD, GRAPES, MILK

THURSDAY, OCTOBER 8

BREAKFAST: PANCAKES, SAUSAGE LINKS, APPLESAUCE, JUICE, MILK
LUNCH: TACOS, LETTUCE/TOMATO/CHEESE CUP, REFRIED BEANS, BROWNIE, PINEAPPLE TIDBITS, MILK

FRIDAY, OCTOBER 9

BREAKFAST: CINNAMON ROLL, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: CHICKEN AND NOODLES, MASHED POTATOES, GREEN BEANS, WHEAT BREAD, CANTELOPE, MILK

MONDAY, OCTOBER 12

BREAKFAST: WAFFLES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: CHICKEN NUGGETS, MASHED POTATOES, CORN, WHEAT BREAD, STRAWBERRIES AND BANANAS, MILK

TUESDAY, OCTOBER 13

BREAKFAST: EGG SAUSAGE PATTY, WHEAT TOAST WITH JELLY, PEARS, JUICE, MILK
LUNCH: CHILI WITH CRACKERS, CELERY AND CUCUMBERS, CINNAMON ROLL, PINEAPPLE, MILK

WEDNESDAY, OCTOBER 14

BREAKFAST: CEREAL, MUFFIN, BANANA, JUICE, MILK
LUNCH: SCALLOPED POTATOES WITH HAM, GREEN BEANS, TOMATOES, CHEESE SANDWICH, WATERMELON, MILK

THURSDAY, OCTOBER 15

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, MIXED FRUIT, JUICE, MILK
LUNCH: HAMBURGER ON A WHOLE GRAIN BUN, LETTUCE AND TOMATO, SWEET POTATO FRIES, MIXED FRUIT, RICE CRISPY BAR, MILK

FRIDAY, OCTOBER 16

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK
LUNCH: MACARONI AND CHEESE, MEATBALLS, PEAS, BABY CARROTS, ORANGE SMILES, MILK

MONDAY, OCTOBER 19

BREAKFAST: CEREAL, POPTART, BANANA, JUICE, MILK
LUNCH: HAM AND CHEESE ON A BUN, POTATO WEDGES, BROCCOLI, GRAPES, PEANUT BUTTER COOKIE, MILK

TUESDAY, OCTOBER 20

BREAKFAST: EGG OMELET, MUFFIN, PEACHES, JUICE, MILK
LUNCH: CHEESE PIZZA, TOSSED SALAD, CORN, APPLE WEDGES, MILK

WEDNESDAY, OCTOBER 21

BREAKFAST: PANCAKES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: WALKING TACO, LETTUCE/TOMATO/CHEESE CUP, REFRIED BEANS, SLICED PEARS, MILK

THURSDAY, OCTOBER 22

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, APPLE WEDGES, JUICE, MILK
LUNCH: ITALIAN PASTA BAKE, GREEN PEPPER STRIPS AND BABY CARROTS, TWISTED GARLIC BREAD STICK, APPLESAUCE, BROWNIE, MILK

FRIDAY, OCTOBER 23

BREAKFAST: DONUTS, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: CHICKEN PATTY ON A BUN, TATER TOTS, GREEN BEANS, FRUIT SLUSHY, MILK

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MONDAY, OCTOBER 26

BREAKFAST: BREAKFAST SANDWICH, MANDARIN ORANGES, JUICE, MILK  
LUNCH: STROMBOLI, GARDEN SALAD, GLAZED CARROTS, STRAWBERRY CUP, MILK

TUESDAY, OCTOBER 27

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK  
LUNCH: TURKEY AND CHEESE ON A BUN, LETTUCE AND TOMATO CUP, FRENCH FRIES, PEACHES, GRAHAM SNACKS, MILK

WEDNESDAY, OCTOBER 28

BREAKFAST: FRENCH TOAST, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK  
LUNCH: BEEF AND NOODLES, MASHED POTATOES, BABY CARROTS, GRAPES, MILK

THURSDAY, OCTOBER 29

BREAKFAST: BISCUITS AND GRAVY, CHEESE STICK, APPLE WEDGES, JUICE, MILK  
LUNCH: PORK TENDERLOIN ON A BUN, MASHED POTATOES, BROCCOLI WITH CHEESE, BANANA, MILK

FRIDAY, OCTOBER 30

BREAKFAST: LONG JOHNS, GO-GURT, ASSORTED FRUIT, JUICE, MILK  
LUNCH: HALLOWEEN LUNCH

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It is the policy of the Lu Verne Community School District not to illegally discriminate on the basis of age (for employment), race, creed, national origin, color, marital status (for programs), sexual orientation, religion, gender/sex, socio-economic status (for programs), gender identity or physical/mental disability in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Karen Sandberg, Director of Teaching and Learning, 405 Hanna Ave, Lu Verne, IA 50560, 515-882-3357, ksandberg@luverne.k12.ia.us.