

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

FRIDAY, OCTOBER 1

BREAKFAST: LONG JOHNS, GO-GURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: SLOPPY JOE ON A BUN, SWEET POTATO PUFFS, BAKED BEANS, WATERMELON, MILK

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MONDAY, OCTOBER 4

BREAKFAST: PANCAKES, APPLESAUCE, SAUSAGE LINK, JUICE, MILK  
LUNCH: WEINER WINKS, POTATO WEDGES, BROCCOLI/CHEESE, GRAPES, MILK

TUESDAY, OCTOBER 5

BREAKFAST: CEREAL, MUFFIN, PEACHES, JUICE, MILK  
LUNCH: CHICKEN WRAP, ROMAINE AND TOMATO, GLAZED CARROTS, CANTELOPE, MILK

WEDNESDAY, OCTOBER 6

BREAKFAST: BISCUITS AND GRAVY, SCRAMBLED EGGS, MANDARIN ORANGES, JUICE, MILK  
LUNCH: SPAGHETTI WITH MEAT SAUCE, GARDEN SALAD, TWISTED BREADSTICKS, PEARS, MILK

THURSDAY, OCTOBER 7

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK  
LUNCH: CHICKEN AND NOODLES, GREEN BEANS, PEANUT BUTTER SANDWICH, ORANGE WEDGES, MILK

FRIDAY, OCTOBER 8

BREAKFAST: YOGURT PARFAITS, STRAWBERRIES AND BLUEBERRIES, GRANOLA, JUICE, MILK  
LUNCH: TACOS, LETTUCE/TOMATO/CHEESE CUP, REFRIED BEANS, PINEAPPLE, COOKIE, MILK

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MONDAY, OCTOBER 11

BREAKFAST: BREAKFAST PIZZA, GRAPES, JUICE, MILK
LUNCH: HAMBURGER ON A BUN, DARK GREEN LETTUCE AND TOMATO, SWEET POTATO FRIES, FRUIT COCKTAIL, RICE CRISPY BAR, MILK

TUESDAY, OCTOBER 12

BREAKFAST: FRENCH TOAST, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: CHICKEN NUGGETS, MASHED POTATOES, FRESH BROCCOLI, WHEAT BREAD, STRAWBERRIES AND BANANAS, MILK

WEDNESDAY, OCTOBER 13

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: CHILI, CRACKERS, CELERY AND CUCUMBERS WITH RANCH, CINNAMON ROLL, ORANGE WEDGES, MILK

THURSDAY, OCTOBER 14

BREAKFAST: EGG OMELET, MUFFIN, PEARS, JUICE, MILK
LUNCH: SCALLOPED POTATOES AND HAM, GREEN BEANS, COTTAGE CHEESE, ANGEL BISCUIT WITH JELLY, MIXED FRUIT, MILK

FRIDAY, OCTOBER 15

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK
LUNCH: TUNA AND NOODLES, PEANUT BUTTER SANDWICH, PEAS, BABY CARROTS, APPLE WEDGES, MILK

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MONDAY, OCTOBER 18

BREAKFAST: EGG SAUSAGE PATTY, WHEAT TOAST WITH JELLY, PEACHES, JUICE, MILK  
LUNCH: HAM AND CHEESE SANDWICH, POTATO WEDGES, FRESH VEGETABLES, GRAPES, CHOCOLATE CHIP BAR, MILK

TUESDAY, OCTOBER 19

BREAKFAST: CEREAL, BAGEL WITH JELLY, BANANA, JUICE, MILK  
LUNCH: CHEESE PIZZA, TOSSED ROMAINE SALAD, CORN, WATERMELON, MILK

WEDNESDAY, OCTOBER 20

**NO SCHOOL**

THURSDAY, OCTOBER 21

BREAKFAST: BREAKFAST SANDWICH, TRI-TATER, MANDARIN ORANGES, JUICE, MILK  
LUNCH: ITALIAN PASTA, GREEN PEPPERS AND BABY CARROTS, STUFFED CHEESE STICK, APPLESAUCE, ROYAL BROWNIE, MILK

FRIDAY, OCTOBER 22

BREAKFAST: CINNAMON ROLL, TRI-X YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: CHICKEN PATTY ON A BUN, TRI-TATER, GREEN BEANS, ORANGE WEDGES, MILK

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MONDAY, OCTOBER 25

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

LUNCH: CRISPITOS, ROMAINE AND TOMATO, CORN, PEANUT BUTTER SANDWICH, APPLE WEDGES, MILK

TUESDAY, OCTOBER 26

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, MIXED FRUIT, JUICE, MILK

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

WEDNESDAY, OCTOBER 27

BREAKFAST: CEREAL, MUFFIN, BANANA, JUICE, MILK

LUNCH: STROMBOLI, GARDEN SALAD, CARROTS, DICED PEARS, MILK

THURSDAY, OCTOBER 28

BREAKFAST: PANCAKE ON A STICK, APPLESAUCE, JUICE, MILK

LUNCH: CREAMED CHICKEN OVER BISCUITS, GREEN BEANS, COTTAGE CHEESE, PEACHES, MILK

FRIDAY, OCTOBER 29

BREAKFAST: DONUTS, GO-GURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: HALLOWEEN MENU TO BE ANNOUNCED

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