

CWL ELEMENTARY - LUVERNE BUILDING
BREAKFAST AND LUNCH MENU

MONDAY, SEPTEMBER 2
NO SCHOOL

TUESDAY, SEPTEMBER 3

BREAKFAST: WAFFLES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: CHICKEN NUGGETS, MASHED POTATOES, WHOLE GRAIN BREAD AND BUTTER, FRESH BROCCOLI AND CUCUMBERS, STRAWBERRIES, MILK

WEDNESDAY, SEPTEMBER 4

BREAKFAST: CEREAL, WHEAT TOAST AND JELLY, BANANA, JUICE, MILK
LUNCH: SCALLOPED POTATOES AND HAM, SWEET POTATOES, WHOLE GRAIN PEANUT BUTTER SANDWICH, GREEN BEANS, PEACH CUP, MILK

THURSDAY, SEPTEMBER 5

BREAKFAST: BISCUITS AND SAUSAGE GRAVY, CHEESE STICK, ORANGE WEDGES, JUICE, MILK
LUNCH: CHICKEN WRAP, ROMAINE AND TOMATO MIX, MEXICAN RICE, BABY CARROTS, WATERMELON, MILK

FRIDAY, SEPTEMBER 6

BREAKFAST: CINNAMON ROLL, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: MACARONI AND CHEESE, MEATBALLS, PEAS, APPLE SLICES, MILK

MONDAY, SEPTEMBER 9

BREAKFAST: EGG SAUSAGE PATTY, WHEAT TOAST AND JELLY, MANDARIN ORANGES, JUICE, MILK
LUNCH: HAM AND CHEESE ON A WHOLE GRAIN BUN, POTATO WEDGES, BROCCOLI, GRAPES, MILK

TUESDAY, SEPTEMBER 10

BREAKFAST: CEREAL, MUFFIN, PEACHES, JUICE, MILK
LUNCH: CHEESE PIZZA BOATS, TOSSED ROMAINE SALAD, BREADSTICK WITH MARINARA SAUCE, BANANAS, MILK

WEDNESDAY, SEPTEMBER 11

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, APPLESAUCE, JUICE, MILK
LUNCH: WALKING TACO, LETTUCE, TOMATO, REFRIED BEANS, CORN, SLICED PEARS, MILK

THURSDAY, SEPTEMBER 12

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST AND JELLY, PEARS, JUICE, MILK
LUNCH: ITALIAN PASTA BAKE, WHOLE GRAIN BREADED CHEESE STICK, GREEN PEPPER STRIPS AND BABY CARROTS, APPLESAUCE, COOKIE, MILK

FRIDAY, SEPTEMBER 13

BREAKFAST: YOGURT PARFAIT, GRANOLA, ASSORTED FRUIT, JUICE, MILK
LUNCH: CHICKEN PATTY, MASHED POTATOES WITH GRAVY, GREEN BEANS, CANTELOPE, MILK

MONDAY, SEPTEMBER 16

BREAKFAST: CEREAL, BAGEL WITH JELLY, ORANGE WEDGES, JUICE, MILK
LUNCH: CRISPITOS, CORN, TOSSED SALAD, CORN CHIPS AND SALSA, APPLE WEDGES, MILK

TUESDAY, SEPTEMBER 17

BREAKFAST: PANCAKES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: TATER TOT CASSEROLE, GREEN BEANS, PEANUT BUTTER SANDWICH, ORANGE SMILES, MILK

WEDNESDAY, SEPTEMBER 18

BREAKFAST: EGG OMELET, HASH BROWNS, WATERMELON, JUICE, MILK
LUNCH: SHREDDED BEEF ON A WHOLE GRAIN BUN, SWEET POTATO PUFFS, BAKED BEANS, WATERMELON, MILK

THURSDAY, SEPTEMBER 19

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: TURKEY AND CHEESE SUB, DARK GREEN LEAF LETTUCE AND TOMATO, OVEN FRIES, GRAHAM SNACKS, PEACHES, MILK

FRIDAY, SEPTEMBER 20

BREAKFASTS: SCRUMPTIOUS COFFEE CAKE, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK
LUNCH: PORK TENDERLOIN, MASHED POTATOES AND GRAVY, BROCCOLI, FRUIT SLUSHY, MILK

MONDAY, SEPTEMBER 23

BREAKFAST: BREAKFAST PIZZA, PEACHES, JUICE, MILK
LUNCH: TACO SOUP, WHOLE GRAIN CORN CHIPS, FRESH BROCCOLI, SLICED PEARS, COOKIE, MILK

TUESDAY, SEPTEMBER 24

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, ORANGE WEDGES, JUICE, MILK
LUNCH: WHOLE GRAIN CORN DOG, TATER TOTS, BABY CARROTS, APPLE WEDGES, MILK

WEDNESDAY, SEPTEMBER 25

BREAKFAST: CEREAL, POPTART, BANANA, JUICE, MILK
LUNCH: BEEF AND NOODLES, BREAD AND BUTTER, GARDEN SALAD, PEAS, PINEAPPLE TIDBITS, MILK

THURSDAY, SEPTEMBER 26

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: CHICKEN QUESADILLA, SALSA WITH WHOLE GRAIN CORN CHIPS, REFRIED BEANS, ORANGE WEDGES, CHOCOLATE PUDDING, MILK

FRIDAY, SEPTEMBER 27

BREAKFAST: DONUT, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: COWBOY CAVATINI, TOSSED ROMAINE SALAD, GREEN BEANS, BREAD AND BUTTER, PEACHES, MILK

MONDAY, SEPTEMBER 30

BREAKFAST: WAFFLES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: CHICKEN TETRAZZINI, TOSSED SALAD WITH ROMAINE, CARROTS, WHOLE GRAIN BREADSTICKS, STRAWBERRIES, MILK

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, Tom Fey, Asst Admin, 405 Hanna Ave, Lu Verne, IA 50560, 515-882-3357, tfey@luverne.k12.ia.us