

CWL ELEMENTARY - LUVERNE BUILDING
BREAKFAST AND LUNCH MENU

TUESDAY, OCTOBER 1

BREAKFAST: CEREAL, BAGEL, BANANA, JUICE, MILK

LUNCH: MR. RIBB ON A BUN, DARK GREEN LEAF LETTUCE AND TOMATO, HASHBROWN TRI-TATER, GREEN BEANS, PEACHES, MILK

WEDNESDAY, OCTOBER 2

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

LUNCH: LASAGNA, GARDEN SALAD, WHOLE GRAIN TWISTED GARLIC STICK, APPLE WEDGES, MILK

THURSDAY, OCTOBER 3

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

LUNCH: POPCORN CHICKEN, MASHED POTATOES WITH GRAVY, FRESH BROCCOLI, CORN, WHEAT BREAD, PEACHES, MILK

FRIDAY, OCTOBER 4

BREAKFAST: CINNAMON ROLL, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: SLOPPY JOE ON A BUN, SWEET POTATO PUFFS, BAKED BEANS, GRAPES, MILK

MONDAY, OCTOBER 7

BREAKFAST: BREAKFAST PIZZA, ASSORTED FRUIT, JUICE, MILK

LUNCH: HOT DOG ON A BUN WITH CHILI, POTATO WEDGES, FRESH BROCCOLI, MANDARIN ORANGES, JELLO, MILK

TUESDAY, OCTOBER 8

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

LUNCH: CHICKEN WRAP, ROMAINE AND TOMATO MIX, MEXICAN RICE, CARROTS, WATERMELON, MILK

WEDNESDAY, OCTOBER 9

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

LUNCH: SPAGHETTI WITH MEAT SAUCE, TOSSED SALAD, FRENCH BREAD, PEARS, MILK

THURSDAY, OCTOBER 10

BREAKFAST: BREAKFAST SANDWICH, PEACHES, JUICE, MILK

LUNCH: TACOS, CORN, REFRIED BEANS, WHEAT BREAD, PINEAPPLE TIDBITS, M & M COOKIE, MILK

FRIDAY, OCTOBER 11

BREAKFAST: YOGURT PARFAIT, GRANOLA, ASSORTED FRUIT, JUICE, MILK

LUNCH: CHICKEN AND NOODLES, GREEN BEANS, PEANUT BUTTER UNCRUSTABLE, ORANGE WEDGES, MILK

NATIONAL SCHOOL HOT LUNCH WEEK

MONDAY, OCTOBER 14

BREAKFAST: EGG SAUSAGE PATTY WHEAT TOAST WITH JELLY, PEARS, JUICE, MILK

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

TUESDAY, OCTOBER 15

BREAKFAST: CEREAL, POPTART, BANANA, JUICE, MILK

LUNCH: CHICKEN NUGGETS, MASHED POTATOES WITH GRAVY, WHEAT BREAD, FRESH BROCCOLI, STRAWBERRIES AND BANANAS, MILK

WEDNESDAY, OCTOBER 16

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

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

THURSDAY, OCTOBER 17

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, ORANGE SMILES, JUICE, MILK

LUNCH: SCALLOPED POTATOES WITH HAM, SWEET POTATOES, GREEN BEANS, PEANUT BUTTER SANDWICH, KIWI, MILK

FRIDAY, OCTOBER 18

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

LUNCH: MACARONI AND CHEESE, MEAT BALLS, PEAS, BABY CARROTS, APPLE WEDGES, MILK

MONDAY, OCTOBER 21

BREAKFAST: SAUSAGE GRAVY OVER BISCUITS, CHEESE STICK, APPLE WEDGES, JUICE, MILK
LUNCH: HOT HAM AND CHEESE ON A BUN, POTATO WEDGES, BROCCOLI, GRAPES, CHOCOLATE CHIP COOKIE, MILK

TUESDAY, OCTOBER 22

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: PIZZA BURGERS, TOSSED ROMAINE SALAD, STUFFED GARLIC CHEESE STICK WITH MARINARA, BANANA, MILK

WEDNESDAY, OCTOBER 23

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: TATER TOT CASSEROLE, PEANUT BUTTER SANDWICH, GREEN BEANS, MIXED MELON, MILK

THURSDAY, OCTOBER 24

BREAKFAST: EGG OMELET, HASHBROWN, MUFFIN, MANDARIN ORANGES, MILK
LUNCH: ITALIAN PASTA BAKE, GREEN PEPPER STRIPS AND BABY CARROTS, APPLESAUCE, BROWNIE, MILK

FRIDAY, OCTOBER 25

BREAKFAST: LONG JOHNS, YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: CHICKEN PATTIE, MASHED POTATOES AND GRAVY, GREEN BEANS, ORANGE WEDGES, MILK

MONDAY, OCTOBER 28

BREAKFAST: WAFFLES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: SHREDDED BEEF ON A WHOLE GRAIN BUN, SWEET POTATO PUFFS, BAKED BEANS, WATERMELON, MILK

TUESDAY, OCTOBER 29

BREAKFAST: CEREAL, MUFFIN, BANANA, JUICE, MILK
LUNCH: STROMBOLI, GARDEN SALAD, CARROTS, STRAWBERRIES, MILK

WEDNESDAY, OCTOBER 30

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

THURSDAY, OCTOBER 31

HAPPY HALLOWEEN

BREAKFAST: PANCAKES, SAUSAGE LINKS, APPLESAUCE, JUICE, MILK
LUNCH: **Halloween lunch**

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