

# LCA OCT 2024

# MENU

| monday  | tuesday  | wednesday  | thursday  | friday  |
|---|--|--|---|---|
|   | 1<br>chicken burrito bowl,<br>black beans, rice, cheddar,<br>lettuce, sour cream, taco sauce     | 2<br>bagels, cream cheese,<br>cheesy eggs,<br>sausage links, hash browns     | 3<br>macaroni and marinara,<br>fresh green beans,<br>bread sticks | 4<br>pepperoni or bacon pizza,<br>broccoli          |
| 7<br>chicken sandwich on bun,<br>fries, peas              | 8<br>beef taco, black beans, rice,<br>cheddar, lettuce,<br>sour cream, taco sauce                | 9<br>pancakes, cheesy eggs,<br>sausage patty, tater tots                     | 10<br>no school.  | 11<br>no school.                                    |
| 14<br>steak and cheese hoagie,<br>tater tots, green beans | 15<br>beef tacos, black beans,<br>rice, cheddar, lettuce,<br>sour cream, taco sauce              | 16<br>waffles, cheesy eggs,<br>sausage links,<br>hash browns                 | 17<br>pierogies,<br>sauteed onions,<br>carrots                    | 18<br>pepperoni or bacon pizza,<br>mixed vegetables |
| 21<br>lago meatball subs,<br>fries, peas                  | 22<br>chicken or cheese quesadilla,<br>black beans,<br>rice, sour cream                          | 23<br>assorted muffins,<br>cheesy eggs,<br>sausage patty,<br>tater tots      | 24<br>mac and cheese,<br>green beans                              | 25<br>pepperoni or bacon pizza,<br>broccoli         |
| 28<br>cheeseburger,<br>fries,<br>carrots                  | 29<br>chicken burrito bowl,<br>black beans, rice, cheddar,<br>lettuce, sour cream,<br>taco sauce | 30<br>bagels, cream cheese,<br>cheesy eggs,<br>sausage links,<br>hash browns | 31<br>chicken alfredo,<br>peas                                    |   |

