

Lamar County Elementary September/October CAFÉ Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Choice of Entrée, Fruit, Juice, Milk	<i>Breakfast and Lunch at LCPS & LCES is FREE To Students</i> Adults Meals Price: Breakfast \$1.40 Lunches \$3.50	MENU IS SUBJECT TO CHANGE Meals can be paid at www.myschoolbucks.com	Harvest of the Month: Apples	This institution is an equal opportunity provider
September 7, 2020 Labor Day!!	<u>September 8, 2020</u> Breakfast: Chicken Biscuit or Cereal w/Biscuit Lunch: Beef Soft Taco or Bean Burrito, Tortilla Chips and Cafeteria Caviar,, Pear Cup, Fresh Fruit, Refried Beans with cheese, Lettuce/Tomato Cup Snack: Cookie & Milk	<u>September 9, 2020</u> Breakfast: Egg Biscuit or Cereal w/Biscuit Lunch: Chicken Teriyaki w/rice or Chicken Chunks w/Roll, Fruit Cocktail, Fresh Fruit, Vegetable Medley, Three Bean Salad Snack: Fresh Fruit & Juice	<u>September 10, 2020</u> Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Spaghetti or Deli Sandwich, Pineapple Cup, Fresh Fruit, Green Beans, Romaine Salad w/House Ranch Snack: Graham & Milk	<u>September 11, 2020</u> Breakfast: French Toast Sticks or Cereal w/Toast Lunch: Pepperoni or Cheese Pizza, Fruit Cup, Fresh Fruit, Corn, Fresh Veggie Dipper w/House Ranch Snack: Cheez It & Juice
<u>September 14, 2020</u> Breakfast: Breakfast Bun Lunch: Cheeseburger, Fresh fruit, Steamed Corn, Sweet Potato Tots. Snack: Chips & Juice	<u>September 15, 2020</u> Breakfast: Chicken Biscuit or Cereal w/Biscuit Lunch: Chicken Fajitas or Crispito w/Cheese Sauce, Pear Cup, Fresh Fruit, Pinto Beans, Corn Snack: Cookie & Milk	<u>September 16, 2020</u> Breakfast: Egg Biscuit or Cereal w/Biscuit Lunch: Chicken Stir Fry w/Rice or Chef Salad w/breadstick, Fruit Marlow, Fresh Fruit, Steamed Cabbage, Mixed Vegetables Snack: Fresh Fruit & Milk	<u>September 17, 2020</u> Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Chicken Broccoli Alfredo or Deli Wrap, Pineapple Cup, Fresh Fruit, Spinach and Strawberry Salad, Three Bean Salad Snack: Graham & Milk	<u>September 18, 2020</u> Breakfast: Pancakes or Cereal w/Toast Lunch: Stuffed Crust Cheese or Stuffed Crust Pepperoni Pizza, Broccoli w/cheese, Carrots, Fruit Cobbler, Fresh Fruit, Snack: Cheetos & Juice
<u>September 21, 2020</u> Breakfast: Cinnamon Swirls Lunch: Corn Dog, Fresh Fruit, Steamed Carrots, French Fries Snack: Doritos & Juice	<u>September 22, 2020</u> Breakfast: Chicken Biscuit or Cereal w/Biscuit Lunch: Beef Nachos or Chicken Quesadilla, Tortilla Chips with Cafeteria Caviar, Watermelon, Pear Cup, Lettuce, Tomato, Cheese Cup, Refried Beans. Snack: Cookie & Milk	<u>September 23, 2020</u> Breakfast: Egg Biscuit or Cereal w/Biscuit Lunch: Poppy Seed Chicken w/rice or Chicken Tenders w/roll, Fruit Cocktail, Fresh Fruit, California Blend, Coleslaw. Snack: Fresh Fruit & Juice	<u>September 24, 2020</u> Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Chicken Tetrazzini or Yogurt/Cheese/Chips Pack, Pineapple Cup, Fresh Fruit, Romaine Salad w/House Ranch, Broccoli with Cheese Snack: Graham & Milk	<u>September 25, 2020</u> Breakfast: Pancake on a Stick or Cereal w/Toast Lunch: Max Sticks or Pepperoni Pizza, Fresh Fruit, Fruit Crisp, Corn, Fresh Veggie Dipper w/House Ranch Snack: Cheez It & Juice
<u>September 28, 2020</u> Breakfast: Cini Minni Lunch: Hot Dog, Fresh Fruit, Sweet Potato Tots, Steamed Corn Snack: Chips & Juice	<u>September 29, 2020</u> Breakfast: Chicken Biscuit or Cereal w/Biscuit Lunch: Taco Salad or Cheese Quesadilla, Pear Cup, Fresh Fruit, Pinto Bean. Green Beans Snack: Cookie & Milk	<u>September 30, 2020</u> Breakfast: Egg Biscuit or Cereal w/Biscuit Lunch: Sweet and Sour Chicken w/rice or Trojan Salad w/breadstick, Fruit Marlow, Fresh Fruit, Mixed Vegetables, Coleslaw Snack: Fresh Fruit & Juice	<u>October 1, 2020</u> Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Ham and Cheese Macaroni Or Deli Sub, Pineapple Cup, Fresh Fruit, Romaine Salad w/House Ranch , Steamed Peas Snack: Graham & Milk	<u>October 2, 2020</u> Breakfast: Mini Waffles or Cereal w/Toast Lunch: Wild Mikes Cheese Bites or Wild Mikes Deep Dish Pizza, Sidekick, Fresh Fruit, Glazed Carrots, Strawberry and Spinach Salad, Cookie Snack: Cheetos and Juice