



LUNCH

School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & both high schools

NOVEMBER 2018

Lewis-Palmer Middle School Menu

Lunch: \$3.00
Reduced: \$.40
Free: \$.00

Monday

Tuesday

Wednesday

Thursday

Friday

Include sweet potatoes for your holiday as they are: one of the oldest vegetables known to man high in vitamin A good sources of vitamin C, copper, dietary fiber, potassium, iron and vitamin B6 very tasty



5
Mandarin Orange Chicken
Steamed Brown Rice
Broccoli
Fortune Cookie
Veggie & Fruit Bar
Assorted Milk

6
Chili
Cinnamon Roll
Fortune Cookie
Veggie & Fruit Bar
Assorted Milk

7
Chicken & Cheese Quesadilla
Spanish Rice
Cinnamon Churro
Veggie & Fruit Bar
Assorted Milk

8
LPMS Specialty Pizza
Steamed Vegetable
Veggie & Fruit Bar
Assorted Milk
Chicken

9
BBQ Rib Sandwich
Baked French Fries
Veggie & Fruit Bar
Assorted Milk

12
Baked Mini Corn Dogs
Baked Beans
Steamed Vegetables
Veggie & Fruit Bar
Assorted Milk

13
Chicken Tenders
Baked French Fries
Steamed Carrots
Veggie & Fruit Bar
Assorted Milk

14
Thanksgiving Meal
Turkey with Mashed Potatoes
Herb Stuffing, Roll
Steamed Carrots
Veggie & Fruit Bar
Assorted Milk

15
Burrito with Green Chili
Spanish Rice
Veggie & Fruit Bar
Assorted Milk

16
Chicken Patty Sandwich
Baked French Fries
Veggie & Fruit Bar
Assorted Milk

19
Holiday Break

20
Holiday Break

21
Holiday Break

22
Holiday Break

23
Holiday Break

26
Cheese Bosco Sticks
Steamed Carrots
Pudding
Veggie & Fruit Bar
Assorted Milk

27
Corn Dog
Sweet Potato Fries
Veggie & Fruit Bar
Assorted Milk

28
Hamburger Bar
Baked French Fries
Veggie & Fruit Bar
Assorted Milk

29
Southwestern Taco Bar
Cinnamon Churro
Veggie & Fruit Bar
Assorted Milk

30
Teriyaki Chicken
Steamed Broccoli
Steamed Brown Fries
Fortune Cookie
Veggie & Fruit Bar
Assorted Milk

There is a choice of entrees served daily with unlimited fruit and vegetable bar. A different entree is offered daily or a choice of the following entrees are also available
Specialty Pizza
Chicken Patty Sandwich
Hamburger on Bun
Grab N' Go Salads

The menu is subject to change due to product availability or recalls



Monday **Tuesday** **Wednesday** **Thursday** **Friday**



5
 PBJ Sandwich /Crackers
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

6
 Cheese Bosco Stick
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

7
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

1
 Mini Pancakes
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

2
 Fruit Frudel Variety
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

12
 PBJ Sandwich /Crackers
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

13
 Cheese Bosco Stick
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

14
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

8
 Mini Pancakes
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

9
 Fruit Frudel Variety
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

15
 Mini Pancakes
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

16
 Fruit Frudel Variety
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

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 Holiday Break

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 Holiday Break

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 Holiday Break

22
 Holiday Break

23
 Holiday Break

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 Oatmeal Bar
 Whole Grain Muffin Variety
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 Assorted Milk

28
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

29
 Mini Pancakes
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

30
 Fruit Frudel Variety
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk