

OCTOBER 2018

LUCAS LOCAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Quesadilla 1 Romaine Salad w/Dressing Cooked Carrots Strawberries Doritos Milk	Sloppy Joe or Fish 2 French Fries Celery w/Peanut Butter Banana Milk	Scrambled Eggs 3 Sausage Link French Toast Sticks Potato Triangle Sunbelievable Slushie Craisins Milk	Hot Dog 4 Baked Beans Green Beans Pineapple Nutrition Bar Milk	Macaroni & Cheese 5 Peas Broccoli Mixed Fruit Garlic Breadstick P. B. & Jelly Bar Milk
8 NO SCHOOL	Salisbury Steak 9 Mashed Potatoes w/Gravy Corn Strawberries Garlic Toast Milk	Pizza 10 Romaine Salad w/Dressing Broccoli Applesauce Cup Fz. Fruit Bar Milk	Cheeseburger 11 Baked Beans French Fries Mandarin Oranges Milk	Meatball Sub 12 Potato Smiles California Blend Vegetables Pineapple W/G Cookie Milk
BBQ Rib or Shrd. Chicken 15 Fresh Carrots w/Ranch Peas Pears W/G Cookie Milk	Ham & Cheese Sandwich 16 French Fries Green Beans Mixed Fruit Milk	Chicken Strips 17 Mashed Potatoes w/Gravy Broccoli Banana Dinner Roll w/Marg. Milk	Chicken Alfredo 18 Served over Noodles Cooked Carrots Corn Peaches Garlic Toast Milk	Soft Beef Taco 19 Refried Beans California Blend Vegetables Pineapple Doritos Milk
Chicken Patty 22 Cooked Carrots Potato Triangles Mixed Fruit Brownie Batter Pudding Milk	Hamburger Gravy 23 Mashed Potatoes Corn Mandarin Oranges Dinner Roll w/Marg. P.B. & Jelly Bar Milk	Pizza Ripper 24 Romaine Salad w/Dressing Peas Applesauce Cup Fz. Fruit Bar Milk	Chicken over Rice 25 Broccoli Green Beans Banana Cheese Filled Breadstick Milk	Mini Corn Dogs 26 Baked Beans Fresh Carrots w/Ranch Strawberries Nutrition Bar Milk
Sloppy Joe or Fish 29 Green Beans Celery w/Peanut Butter Banana Baked Chips Milk	Hot Dog 30 French Fries Baked Beans Pineapple Milk	Scrambled Eggs 31 Sausage Link French Toast Sticks Potato Triangle Sunbelievable Slushie Peaches Milk		

Lunch Prices: K-5 @ \$2.60
 6-12 @ \$2.85

Adult Meals @ \$3.50

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

SENIOR CITIZEN BREAKFAST Oct 16