

October 2024 Menu



WEEK 1

WEEK 2

WEEK 3

WEEK 4

Monday

30

BREAKFAST
Honey Breakfast Bar
Applesauce Cup

LUNCH
Chicken Nuggets with Assorted Crackers or Cheesy Pull-Aparts w/ Marinara Sauce Cup
Steamed Green Beans
Fresh Tangerine
Diced Pears

Tuesday

BREAKFAST IN CAFE 1
Breakfast Quesadilla
Fresh Tangerine

GRAB & GO BREAKFAST
Mini Breakfast
Donut Bites
Fresh Tangerine

LUNCH
Cheeseburger Sliders or Mini Chicken Corn Dogs
Vegetarian Beans
Fresh Seasonal Fruit
Diced Peaches

Wednesday

BREAKFAST IN CAFE 2
Fruit and Yogurt Parfait
Granola

GRAB & GO BREAKFAST
Yogurt
Granola
Craisins

LUNCH
French Toast Slice with Chicken Sausage Patty
Tater Tots
Fresh Banana
Frozen Mixed Berries

EARLY RELEASE DAY

Thursday

BREAKFAST 3
Soft-Filled Cinnamon Toast Bar
Fresh Banana

LUNCH
Chicken Ramen Bowl or Chicken Fried Rice
Roasted Broccoli
Fresh Apple Slices w/ Caramel Dip
Mandarin Oranges

Friday

BREAKFAST IN CAFE 4
Bread Pudding w/ Cream Cheese Drizzle
Fresh Apple Slices

GRAB & GO BREAKFAST
Banana Bread Slice
Fresh Apple Slices

LUNCH
Bean & Cheese Burrito or Red Chile Chicken Tamale
Shredded Lettuce, Diced Tomato, & Salsa Cup
Fresh Kiwi & Diced Mango

FALL BREAK - OCTOBER 7-11

BREAKFAST 14
Mini Donuts
Applesauce Cup

LUNCH
Mexican Combo Plate
Captain Crunchy Beef Taco and Cheese Quesadilla or Birria and Cheese Pupusa
Seasoned Pirate Beans
Stormy Sea Shredded Lettuce & Diced Tomato
Fresh Orange Flavored Raisins

BREAKFAST 15
Cinnamon Roll
Flavored Raisins

LUNCH
Mac & Cheese with Garlic Breadstick or All Beef Hot Dog in a Bun
Cinnamon Maple Carrots
Fresh Arghhh!! Apple
Treasure Island Fruit Cocktail

EARLY RELEASE DAY

BREAKFAST 16
Plain Bagel with Cream Cheese
Fresh Apple

LUNCH
Hasty Hamburger or Cheesy Captain's Burger
Seasoned Curly Fries
Fresh Strawberries
Diced Pirate Pears

EARLY RELEASE DAY

BREAKFAST IN CAFE 17
French Toast Sticks
Frozen Mixed Berries

GRAB & GO BREAKFAST
Muffin & Sunflower Seeds
Craisins

LUNCH
Outlaw Orange Chicken Bowl or Chicken Egg Rolls
Roasted Broccoli Bounty
Fresh Plundered Grapes
Frozen Fruit Cup

BREAKFAST 18
Soft Oatmeal Round
Fresh Grapes

LUNCH
Buccaneer's Beef Pepperoni or Cheese Pizza Slice
Roasted Buffalo Cauliflower
Fresh SEASonal Melon
Pineapple Treasure Tidbits

School Lunch Pirates - Find Your Treasure!

NATIONAL SCHOOL LUNCH WEEK!

BREAKFAST 21
Super Donut with Sunflower Seeds
Craisins

LUNCH
Meat Combo Calzone or Cheese Lasagna Roll-Up and Garlic Breadstick
Steamed Green Beans
Fresh Seasonal Fruit
Applesauce Cup

BREAKFAST IN CAFE 22
Mini Maple Pancakes with Chicken Sausage Patty
Applesauce Cup

GRAB & GO BREAKFAST
Mini Bagels w/ Cream Cheese
Applesauce Cup

LUNCH
Grilled Cheese Sandwich or Chicken Drumstick w/ Onion Rings
Creamy Tomato Soup
Fresh Pear
Craisins

EARLY RELEASE DAY

BREAKFAST 23
Pop-Tart with String Cheese
Fresh Pear

LUNCH
Chicken 'n' Waffles
Tater Tots
Fresh Banana
Frozen Mixed Berries

EARLY RELEASE DAY

BREAKFAST IN CAFE 24
Pancake-Flavored Chicken Sausage Bites
Fresh Banana

GRAB & GO BREAKFAST
Cinnamon Crumb Cake
String Cheese
Fresh Banana

LUNCH
Teriyaki Chicken Rice Bowl or Chicken Dumplings
Roasted Broccoli
Fresh Apple Slices w/ Caramel
Mandarin Oranges

BREAKFAST 25
Sweet Potato Chocolate Chip Muffin Top
Fresh Apple Slices

LUNCH
Chicken Tinga Nachos or Bean & Cheese Chalupa
Seasoned Pinto Beans
Shredded Lettuce and Diced Tomatoes
Fresh Kiwi
Fruit Cocktail

BREAKFAST 28
Benefit Bar
Applesauce Cup

LUNCH
Walking Fritos Taco or Chili Chicken Crisпитos
Seasoned Pinto Beans
Shredded Lettuce and Diced Tomatoes
Fresh Apple
Diced Mango

BREAKFAST 29
Blueberry Waffle
Fresh Orange

LUNCH
Beef Chili or Beef Totchos
Corn Bread Loaf
Roasted Broccoli
Fresh Seasonal Melon
Diced Peaches

BREAKFAST 30
Honey Bun
Fresh Apple

LUNCH
Chicken Patty Sandwich (Regular or Spicy)
Sweet Potato Waffle Fries
Fresh Strawberries
Applesauce Cup

EARLY RELEASE DAY

BREAKFAST 31
Pumpkin Bread Slice
Fresh Strawberries

LUNCH
Bat-Shaped Chicken Nuggets or Chicken Corn Dog
Halloween Troll Crackers
Steamed Corn
Fresh Grapes
Eek! Frozen Fruit Cup

HAPPY HALLOWEEN

BREAKFAST 1
Breakfast Carrot "Cake" Bun
Fresh Grapes

LUNCH
Personal Round Turkey Pepperoni or Cheese Pizza
Roasted Buffalo Cauliflower
Fresh Orange
Pineapple Tidbits

Daily Breakfast Offerings:
Cereal Pack as 2nd option for Breakfast in the Cafeteria
100% Fruit Juice
1% White Milk or Fat-Free White Milk
Grab and Go Breakfast served at:
Cheatham, Desert Meadows & Estrella Foothills only

Daily Lunch Offerings:
Cold Entrée as 2nd lunch option:
Week 1 - Sunrise Pack
Week 2 - Southwest Chicken Salad
Week 3 - Sunny Pack
Week 4 - Chef Salad
1% Chocolate Milk or 1% White Milk

Adult & À La Carte Meal Prices:
Breakfast: \$3.00
Lunch: \$4.75
Entrée Only: \$2.00
Fruit and Veggie Bar Only: \$2.00
À La Carte Items: \$0.25-\$2.00

Boo!

GRAB YOUR BREAKFAST AND LUNCH TODAY AND EVERY DAY FREE FOR ALL STUDENTS.

FREE FOR ALL STUDENTS.

× 10KID BUNNY

Our kitchens are all peanut free facilities and we do our best to avoid serving pork products.

This menu is subject to change.

Vegetarian Entrée
(only animal products or by-products in these items are: dairy, egg, and/or honey)



LIFETIME FOUNDATION

EZ School Lunch
www.EZSchoolLunch.com/
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Laveen SCHOOL DISTRICT

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