



**Learning Prep School**  
**October 2018**  
**Lunch Menu**

**Prices:** Breakfast and Lunch are available each day.

All meals served with 1% white or chocolate skim milk. Menu subject to change.

**Alternate Lunch Choices each Day:** Toasted Cheese Sandwich, Garden Salad with Chicken or Greek Salad

**Breakfast Choices each Day:** Cheerios GF, Blueberry Muffin, or Toasted Bagel with Cream Cheese, Fruit, Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Popcorn Chicken Bowl Mashed Potatoes Gravy Peas Fruit	2 Ground Beef, Rice and Cheese Burrito Spicy Corn and Black Bean Salad Fruit	3 Belgium Waffles with Syrup or Strawberry Sauce Sausage Home Fries	4 Roasted Chicken and Pepper Pasta Green Beans Fruit	5 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
8 <b>Columbus Day No School</b>	9 <b>Professional Development No School</b>	10 Macaroni and Cheese Broccoli Fruit	11 Chicken Caesar Wrap Buffalo or Traditional Carrot and Celery Sticks Fruit	12 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
15 Roasted Turkey Gravy Butternut Squash Fruit	16 Chicken and Cheese Enchiladas Mexican Street Corn Fruit	17 Chicken Parmesan Pasta with Marinara Broccoli Fruit	18 French Toast Sticks Sweet Potato Tots Fruit	19 Calzones (Cheese and Specialty) made on Whole Wheat Crust Marinara Fruit
22 Turkey and Cheese Wrap Spinach Fruit	23 Fish Tacos Asian Slaw Fruit	24 Pasta with Meat or Marinara Sauce Green beans Fruit	25 Chicken Teriyaki Rice Braised Kale Pineapple	26 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
29 Steak and Cheese Sub Onions and Peppers Curly Fries Fruit	30 Nacho Supreme With Ground Beef Beans Fruit	31 <b>½ Day</b>	1 Hot Dog Vegetarian Beans Fries Fruit	2 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice

**This institute is an equal opportunity provider. Please inform your server if you have any food allergies.**

