



October 2023

LAC DU FLAMBEAU LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Dog Baked Beans Fresh Cucumbers	3 Crispy Chicken Sandwich Seasoned Corn Grape Tomatoes	4 Mini Corn Dogs Oven Potatoes Fresh Cauliflower	5 Pizza Dippers Marinara Sauce Green Beans Baby Carrots	6 Chicken Smackers Dinner Roll Mashed Potatoes Fresh Broccoli
9 NO SCHOOL Professional Day	10 French Toast w/ Cheesy Omelet Tri-taters Baby Carrots Maple Syrup	11 Cheeseburger Edamame Fresh Cauliflower	12 Macaroni & Cheese Mixed Vegetables Baby Carrots	13 Cheesy French Bread Marinara Sauce Roasted Corn Crisp Cucumbers
16 Frito Pie Refried Beans Roasted Broccoli Salsa	17 Chicken Tenders w/ Garlic Breadstick Smiley Fries Crunchy Celery	18 Spaghetti w/ Meat Sauce Steamed Green Beans Crisp Cucumbers	19 BBQ Pulled Pork Sandwich Baked Beans Coleslaw	20 Pizza Dippers Marinara Sauce Green Beans Baby Carrots
23 Fish Sticks Steamed Green Beans Crunchy Celery	24 Nachos Cilantro Lime Rice Steamed Carrots Fresh Broccoli Salsa	25 Cheesy Baked Ziti Mixed Vegetables Fresh Cauliflower	26 Hamburger Smiley Fries Grape Tomatoes	27 Cheese Pizza Edamame Baby Carrots
30 Hot Dog Baked Beans Fresh Cucumbers	31 Crispy Chicken Sandwich Seasoned Corn Grape Tomatoes			

ALL MEALS INCLUDE

Milk
And
Fruit

Daily options

Hoagie with meat and cheese for grades 5 - 8

Menu
Subject to
Change
Based on
Product
Availability

Menu Key: **FP** = Fresh Pick • **WG** = Whole Grain