



# OCTOBER

### Meal Prices:

Lunch (K-4<sup>th</sup>) \$2.75    Lunch (5-12<sup>th</sup>) \$3.00  
 Breakfast \$2.00    Milk \$.40 (extra or milk break)  
 Adult Lunch \$3.85    Adult Breakfast \$2.35

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 Lunch:</b> Chicken bits n gravy over mashed potatoes, corn, fruit  <b>Breakfast:</b> Breakfast Pizza	<b>4 Lunch:</b> Tomato soup, cheesy French bread, fruit  <b>Breakfast:</b> Banana Bread	<b>5 Lunch:</b> BBQ sandwich, chips, baked beans, fruit  <b>Breakfast:</b> Fruit/Yogurt Parfait	<b>6 Lunch:</b> Chicken alfredo, peas, breadstick, fruit  <b>Breakfast:</b> Mini donuts	<b>7 Lunch:</b> Walking taco, black beans, salsa, brownie  <b>Breakfast:</b> Pancakes, sausage links
<b>10 Lunch:</b> Chicken patty sandwich, French fries, fruit  <b>Breakfast:</b> Granola bar	<b>11 Lunch:</b> Spaghetti, cottage cheese, garlic toast, fruit  <b>Breakfast:</b> Pancake on a stick	<b>12 Lunch:</b> Mini corndogs, baked beans, chips, fruit  <b>Breakfast:</b> Breakfast pizza	<b>13 Lunch:</b> Scalloped potatoes and ham, tea bun  <b>Breakfast:</b> Ham patty, scrambled eggs, grahams	<b>14 Lunch:</b> Pizza, green beans, fruit, rice crispy bar  <b>Breakfast:</b> French toast egg bake
<b>17 Lunch:</b> Mr. Rib sandwich, spudsters, baked beans, fruit  <b>Breakfast:</b> Cereal, grahams	<b>18 Lunch:</b> Rotini noodles, cheese or spaghetti sauce, breadstick, fruit  <b>Breakfast:</b> Smoothie and a muffin	<b>21 Lunch:</b> Sub sandwich, chips, fruit, cookie  <b>Breakfast:</b> Mini donuts	<b>20</b>  No School	<b>21</b>  No School
<b>24 Lunch:</b> Chicken strips, mac n cheese, peas, fruit  <b>Breakfast:</b> Cereal, grahams	<b>25 Lunch:</b> Cheeseburger, fries, baked beans, fruit  <b>Breakfast:</b> Carmel roll	<b>26 Brunch for Lunch:</b> French toast, sausage links, fruit, juice  <b>Breakfast:</b> Benefit bar	<b>27 Lunch:</b> Swedish meatballs over mashed potatoes, dinner roll, fruit  <b>Breakfast:</b> Breakfast sandwich	<b>28 Lunch:</b> Cheesy Bosco stick, green beans, fruit, ice cream  <b>Breakfast:</b> Granola bar
<b>31 Lunch:</b> Popcorn chicken, smiley fries, dinner roll, fruit  <b>Breakfast:</b> Breakfast pizza				

Variety Grab N' Go breakfast is available in the middle school for 5-8<sup>th</sup> grade.

All meals include choice of 1% chocolate or white milk and a fruit/vegetable bar is available at lunch. 2<sup>nd</sup> lunch option for grades K-8: PB and Jelly sandwich, yogurt or cheese stick, fruit and salad bar. 2<sup>nd</sup> lunch option for grades 9-12: Chef salad, fruit and milk.

Menu is subject to change, check [lisbonpublicschools.com](http://lisbonpublicschools.com) for updates/changes.

