






# Lion's Den Café – October 2019 – Breakfast Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	<b>Beverages offered daily:</b> Fat Free Chocolate milk 1% milk bottled water	1 <b>bagel &amp; sausage or cereal</b>  banana juice	2 <b>Poptart &amp; gogurt or cereal</b>  fresh pear juice	3 <b>NEW!!! apple or cherry Frudel or cereal</b>  mandarin orange cup juice	4 <b>waffles &amp; sausage or cereal</b>  peach cup juice	5
3	6 <b>NEW!!! cinnamon crumb square cereal</b>  apple slices juice	7 <b>berries and cream pastry or cereal</b>  banana juice	8 <b>frosted scones &amp; gogurt or cereal</b>  fresh pear juice	9 <b>NEW!!! fruit smoothie &amp; crackers or cereal</b>  mandarin orange cup juice	10 <b>mini pancakes &amp; sausage or cereal</b>  tropical fruit cup juice	12
4	13 <b>stuffed bagels &amp; gogurt cereal</b>  apple slices juice	14 <b>cinnamon Texas toast &amp; sausage or cereal</b>  banana juice	15 <b>Sweet bread &amp; gogurt cereal</b>  mandarin orange cup juice	17 <b>FALL BREAK NO SCHOOL</b> 		19
5	20 <b>muffin &amp; string cheese or cereal</b>  apple slices juice	21 <b>cinni minis &amp; sausage or cereal</b>  banana juice	22 <b>Poptart &amp; gogurt or cereal</b>  mandarin orange cup juice	23 <b>apple or cherry Frudel &amp; crackers or cereal</b>  fresh pear juice	24 <b>waffles and sausage or cereal</b>  peach cup juice	26 
6	27 <b>mini donuts &amp; gogurt or cereal</b>  apple slices juice	28 <b>maple sausage &amp; egg tornado or cereal</b>  banana juice	29 <b>frosted scones &amp; gogurt or cereal</b>  mandarin orange cup juice	30 <b>fruit smoothie &amp; crackers or cereal</b>  peach cup juice	31 **Please note: this menu is subject to change without notice**  <b>This institution is an equal opportunity provider</b>	

# Lion's Den Café - October 2019 - Lunch Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	<p style="text-align: center;">**Please note: this menu is subject to change without notice**</p> <p style="text-align: center;"><b><i>This institution is an equal opportunity provider</i></b></p>	1 <b>Teriyaki Chicken Chicken Finger Wrap</b> fresh apple halves peaches cauliflower & grape tomatoes w/ranch	2 <b>Turkey Mashed Potato Bowl w/roll or Beef Dippers w/mashed potatoes&amp;roll</b> mandarin oranges grapes sugar peas w/ranch	3 <b>Macaroni &amp; Cheese or Corn Dog</b> fresh fruit salad baby carrots w/ranch steamed peas	4 <b>Chicken Nuggets or Hamburger</b> frozen fruit cup celery sticks w/ranch baked beans/ pudding cup	5 
3	6 <b>Chicken Fajitas or Taco Salad w/Fritos</b> diced mango refried beans & cheese side salad w/tomatoes & ranch	7 <b>Sausage Breakfast Sandwich NEW!! Strawberry pancake w/sausage</b> mandarin oranges tater tots sugar peas w/ranch	8 <b>Chicken Alfredo or French Dip</b> pears fresh orange wedges steamed broccoli	9 <b>Chicken Fried Steak</b> dinner roll cantalope mashed potatoes & gravy celery sticks w/ranch	10 <b>Mozzarella Bites or NEW!! Breaded Chicken Fillet</b> grapes baby carrots w/ranch baked beans	11 12
4	13 <b>NEW!! Pot Roast w/mashed potatoes Chef Salad w/roll</b> fresh apple halves side salad & tomatoes w/ranch steamed carrots	14 <b>Cheese Melt or Chicken Noodle Soup w/crackers</b> mandarin oranges cucumber slices w/ranch steamed Normandy veg	15 <b>Pepperoni Pizza Ripper or Cheese Pizza Ripper</b> strawberries steamed broccoli cookie	16 <b>FALL BREAK NO SCHOOL</b> 	17 <b>FALL BREAK NO SCHOOL</b>	18 19
5	20 <b>Macaroni &amp; Cheese Beef &amp; Cheese Nachos</b> pears steamed green beans side salad w/tomatoes & ranch	21 <b>Asian Chicken Pig in a Blanket</b> mandarin oranges fresh apple halves sugar peas w/grape tomatoes & ranch	22 <b>Mexican Pizza or Meatball Sub</b> grapes celery sticks w/ranch steamed broccoli	23 <b>Taco Soup or Sloppy Joe</b> diced mango cucumber slices w/ranch steamed corn	24 <b>Hamburger or Cheese Quesadilla</b> frozen fruit cup baby carrots w/ranch baked beans	25 26
6	27 <b>Creamy Italian Chicken or Chicken Caesar Salad w/roll</b> tropical fruit cocktail steamed carrots side salad w/tomatoes & ranch	28 <b>Teriyaki Chicken Chicken Finger Wrap</b> pineapple fresh orange wedges sugar peas & carrots w/ranch	29 <b>Chili &amp; Cheese w/Fritos Bean &amp; Cheese Burrito</b> peaches steamed corn celery sticks w/ranch	30 <b>Chicken Fried Steak</b> dinner roll grapes mashed potatoes & gravy cucumber slices w/ranch	31	