

OCTOBER 2018

TOP OF THE WORLD SCHOOL

MONDAY

MEATLESS MONDAY ¹

All Natural
Bean & Cheese Burrito (V)
Salsa – Sliced Pears
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

MEATLESS MONDAY ⁸

Cheese Lasagna (V)
W/Marinara Sauce
Peach Cup
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

MEATLESS MONDAY ¹⁵

Bean Tostada (V)
w/Cheddar Cheese
Lettuce/Tomato/Salsa
Applesauce Cup
Choice of Sides
Choice of Milk

MEATLESS MONDAY ²²

Whole Grain Spaghetti
W/Marinara Sauce &
Breadstick (V)
Applesauce Cup
Choice of Sides
Choice of Milk

Starkist

Tuna Salad ²⁹

On Gold Fish Bread
Peach Cup
Gold Fish Crackers
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

TUESDAY

BBQ Pulled Pork ²
On a Whole Grain Bun
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Mandarin King ⁹
House Chicken w/Rice
Organic Orange Slices
Choice of Sides
Choice of Milk

Turkey & Cheese ¹⁶
Gold Fish Bread
Strawberries
Gold Fish Crackers
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Mandarin King ²³
House Chicken w/Rice
Organic Orange Slices
Choice of Sides
Choice of Milk

Meatballs Marinara ³⁰

w/Breadstick
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

WEDNESDAY

NITRITE FREE ³
100% All Beef Hot Dog or
Veggie Burger (V)
Baked Beans
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

GRASS FED ¹⁰
100% All Beef Hamburger
Cheeseburger or Veggie
Burger (V) Whole Grain Bun
Baked Beans
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

NITRITE FREE ¹⁷
100% All Beef Hot Dog or
Veggie Burger (V)
Baked Beans
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

GRASS FED ²⁴
100% All Beef Hamburger
Cheeseburger or Veggie
Burger (V) Whole Grain Bun
Baked Beans
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Chili Con Carne ³¹

w/ Gold Fish Crackers
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

THURSDAY

Chili Con Carne ⁴
w/ Gold Fish Crackers
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Popcorn Chicken ¹¹
Oven Potatoes
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Baked Chicken ¹⁸
Brown Rice
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Popcorn Chicken ²⁵
Oven Potatoes
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

FRIDAY

Z PIZZA ⁵
Cheese Pizza (V)
Pepperoni Pizza
Strawberry Cup
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Z PIZZA ¹²
Cheese Pizza (V)
Peach Cup
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Z PIZZA ¹⁹
Cheese Pizza (V)
Pepperoni Pizza
Peach Cup
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Z PIZZA ²⁶
Cheese Pizza (V)
Fruit Cup
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

A La Carte

Bagel w/Cream Cheese	\$1.00
Soft Pretzel	\$1.00
Blueberry Muffin	\$0.75
Yogurt	\$1.25
Cereal w/Milk	\$1.50
Breakfast Sandwich	\$2.00
Organic Fruit Parfait	\$2.00
Assorted Chips	\$1.00
Granola Bar	\$0.50
Krispy Treat	\$1.00
Milk/Juice	\$0.60
Organic Fresh Fruit	\$0.50
Water	\$1.00

Lunch Price \$3.90

Staff Meal \$4.40

“ORGANIC”

FRESH FRUIT/SALAD BAR
NOW PROUDLY SERVING SEASONAL
LOCALLY GROWN
ORGANIC FRUITS & VEGETABLES
CHOICE OF MILK

School News

NUTRITION
SERVICES
FEATURING
SALAD BARS WITH
FRESH, SEASONAL,
ORGANIC FRUITS
AND VEGETABLES

497-7700 x5216 or email
dappel@lbusd.org

Please take a minute to check out the
Nutrition Services website

www.lbusd.org

GOING GREEN ONLINE MENUS



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opportunity provider”

DID YOU KNOW...

October comes from the Latin
word “octo” which means eight.