

OCTOBER 2021

Lisbon Grade School

LUNCH



Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cinnamon Roll Day

Scrambled Eggs
Sausage Patty
Fresh Fruit
Cinnamon Roll

4

BBQ Beef on Bun
Broccoli
Fruit
Jell-O

5

Chicken Caesar Salad
Raw veggies w/ Ranch
Fruit
Fruit By the Foot

6

Sub Sandwich (ham, turkey
& cheese on bun)
Chips
Fruit
Fruit Snacks

7

**NO
SCHOOL**

8

**NO
SCHOOL**

11

Chicken Patty on Bun
Baked Beans
Fruit
Granola Bar

12

French Dip Sandwich
(warm beef & cheese
on roll)
Corn
Fruit
Pudding Cup

13

Pretzel Bites w/ Cheese
Broccoli
Fruit
Jell-O

14

Hot Dog on Bun
Chips
Fruit
Fruit By the Foot

15

Spaghetti w/ marinara
Green Beans
Fruit
Cheese Stick

18

Beef Tacos
Nacho chips, salsa, cheese
Sour Cream
Corn
Fruit

19

Biscuits & Gravy
Hash Brown
Fresh Fruit
OJ

20

Chicken Nuggets
Raw Veggies w/ Ranch
Fruit
Jell-O

21

Chef Salad (ham, turkey,
colby cheese, lettuce)
Dressing
Fruit
Rice Krispy

22

Meatball Sandwich w/
Marinara
Baked Beans
Fruit
Cheese Stick

25

Soft Shell Chicken Taco
Peas
Fruit
Granola Bar

26

Mini Corn Dogs
Nacho chips w/ cheese
Green Beans
Fruit

27

National Chocolate Day
Beef Chili
Corn
Fruit
Brownie

28

**NO
SCHOOL**

29