



LOTUS SCHOOL for EXCELLENCE K-5 BREAKFAST AND LUNCH MENU OCTOBER 2017

MENU MAY CHANGE WITHOUT NOTICE/MENU PUEDE CAMBIAR SIN AVISO PREVIO

Variety of Cereal is offered daily as a second breakfast option.
Cold sandwiches offered daily as a second lunch option.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p>Breakfast Pancake "Panqueque" </p> <p>Lunch Chicken Alfredo Pollo pasta alfredo </p> | <p>3</p> <p>Breakfast Peach Cobbler Biscuit Postre de Durazno </p> <p>Lunch Super Nachos Super nachos </p> | <p>4</p> <p>Breakfast Granola and yogurt Yogur y granola </p> <p>Lunch Pig in Blanket "Pig in a Blanket" </p> | <p>5</p> <p>Breakfast Banana Muffin Panecillo de plátano </p> <p>Lunch Roast Turkey w/ Gravy Pavo asado con salsa </p> | <p>6</p> <p>Breakfast Mini Cinnamon French Toast Pan Tostado al Estilo Francés con Sabor a Canela</p> <p>Lunch Cheese or Pepperoni Pizza Pizza de pepperoni O Pizza de queso</p> |
| <p>9</p> <p>Breakfast Waffles "Waffles" </p> <p>Lunch Chicken Lo Mein" Pollo con tallarines al estilo <i>Lo Mein</i> </p> | <p>10</p> <p>Breakfast Frudal "Frudal" </p> <p>Lunch Hot Ham & Cheese Sandwich Sándwich caliente, de jamón y queso </p> | <p>11</p> <p>Breakfast Mini Loaf & Assorted Cheese Stick Panecito & surtido de palitos de queso </p> <p>Lunch BBQ Chicken Pollo con salsa dulce, al estilo barbacoa</p> | <p>12</p> <p>Breakfast Bagel & Cream Cheese Pan tipo "bagel", con queso crema </p> <p>Lunch Empanda Empanada</p> | <p>13</p> <p>Parent/Teacher Conference No School</p> |
| 16 | 17 | 18 | 19 | 20 |
| Fall Recess October 16-20 | | | | |
| <p>23</p> <p style="text-align: center;">Data Day No Classes</p> | <p>24</p> <p>Breakfast Cinni-Minis Rollitos de pan con canela</p> <p>Lunch Cheese or Pepperoni Pizza Pizza de pepperoni O Pizza de queso </p> | <p>25</p> <p>Breakfast Cereal Cereal Assorted Cheese Stick Surtido de palitos de queso</p> <p>Lunch Chicken Patty Sandwich Sándwich de pollo </p> | <p>26</p> <p>Breakfast Blueberry Muffin Mollete de arándano</p> <p>Lunch Beef Pot Roast Carne de res rostizada</p> | <p>27</p> <p>Breakfast Bagel & Cream Cheese Pan tipo "bagel", con queso crema</p> <p>Lunch Bean and Cheese Burrito Burrito de frijoles y queso</p> |
| <p>30</p> <p>Breakfast Pancake "Panqueque" </p> <p>Lunch Beef Hard Taco Taco de res, con tortilla dura</p> | <p>31</p> <p>Breakfast Mini Cinnamon French Toast Pan Tostado al Estilo Francés con Sabor a Canela </p> <p>Lunch Blanket Mummy Dog Perro de momia de manta</p> | | | |

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Daily Breakfast and Lunch Selections: Milk Variety: Skim and 1%. Variety of fresh fruit or 100% fruit juice. A variety of Cereal & bread or protein item are offered daily Variety of fresh, canned, & frozen produce
Selección diaria de desayunos y almuerzos. Se ofrece una variedad de leche: descremada y con el 1%. Una variedad de fruta fresca o jugo 100% de fruta. Una variedad de cereal y pan o un elemento que contenga proteína, diariamente. Una variedad de productos frescos, enlatados y congelados.

*Contains Pork/Contiene carne de cerdo