



# OCTOBER 2024 SHIRLEY LANHAM ES LUNCH

<b>MONDAY 7</b>	<b>TUESDAY 8</b>	<b>WEDNESDAY 9</b>	<b>THURSDAY 10</b>	<b>FRIDAY 11</b>
<ul style="list-style-type: none"> <li>(1) Chicken Nuggets</li> <li>(2) Cheese Lasagna</li> <li>Breadstick (w/ either entrée)</li> <li>Variety of Fruit</li> <li>Mashed Potatoes</li> <li>Honey Glazed Carrots</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Hotdog</li> <li>(2) Sloppy Joe</li> <li>Variety of Fruit</li> <li>Seasoned Roasted Broccoli</li> <li>Seasoned Corn</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Bean &amp; Cheese Burrito</li> <li>(2) Chicken Fajitas</li> <li>Variety of Fruit</li> <li>Seasoned Black Beans</li> <li>Shredded Lettuce + Tomato</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Chicken + Waffles</li> <li>(2) Grilled Cheese</li> <li>Variety of Fruit</li> <li>Tater Tots</li> <li>Sliced Cucumbers</li> <li>Variety of Milk</li> </ul>	<div style="background-color: #333; color: white; padding: 20px; border: 1px solid #ccc; width: 100px; height: 100px; margin: auto;"> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">NO SCHOOL</p> </div>
<b>MONDAY 14</b>	<b>TUESDAY 15</b>	<b>WEDNESDAY 16</b>	<b>THURSDAY 17</b>	<b>FRIDAY 18</b>
<div style="background-color: #333; color: white; padding: 20px; border: 1px solid #ccc; width: 100px; height: 100px; margin: auto;"> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">NO SCHOOL</p> </div>	<div style="background-color: #333; color: white; padding: 20px; border: 1px solid #ccc; width: 100px; height: 100px; margin: auto;"> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">NO SCHOOL</p> </div>	<ul style="list-style-type: none"> <li>(1) Nachos Supreme</li> <li>(2) Taco Salad</li> <li>Variety of Fruit</li> <li>Seasoned Black Beans</li> <li>Shredded Lettuce + Tomato</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Bacon, Egg &amp; Cheese Croissant</li> <li>(2) Hummus Snack Pack</li> <li>Variety of Fruit</li> <li>Tater Tots</li> <li>Sliced Cucumbers</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Whole Grain Pizza</li> <li>(2) Hamburger</li> <li>Variety of Fruit</li> <li>Romaine Side Salad</li> <li>Crinkle Cut Fries</li> <li>Variety of Milk</li> </ul>
<b>MONDAY 21</b>	<b>TUESDAY 22</b>	<b>WEDNESDAY 23</b>	<b>THURSDAY 24</b>	<b>FRIDAY 25</b>
<ul style="list-style-type: none"> <li>(1) Teriyaki Chicken w/ Rice</li> <li>(2) Pasta w/ Meatballs</li> <li>Variety of Fruit</li> <li>Seasoned Green Beans</li> <li>Honey Glazed Carrots</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Chicken Parmesan w/ Breadstick</li> <li>(2) Ham &amp; Cheese Sandwich</li> <li>Variety of Fruit</li> <li>Seasoned Roasted Broccoli</li> <li>Seasoned Corn</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Soft Tacos</li> <li>(2) Cheese Quesadilla</li> <li>Variety of Fruit</li> <li>Seasoned Black Beans</li> <li>Shredded Lettuce + Tomato</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Chicken + Waffles</li> <li>(2) Grilled Cheese</li> <li>Variety of Fruit</li> <li>Tater Tots</li> <li>Sliced Cucumbers</li> <li>Variety of Milk</li> </ul>	<div style="background-color: #333; color: white; padding: 20px; border: 1px solid #ccc; width: 100px; height: 100px; margin: auto;"> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">NO SCHOOL</p> </div>
<b>MONDAY 28</b>	<b>TUESDAY 29</b>	<b>WEDNESDAY 30</b>	<b>THURSDAY 31</b>	
<ul style="list-style-type: none"> <li>(1) Chicken Nuggets</li> <li>(2) Cheese Lasagna</li> <li>Breadstick (w/ either entrée)</li> <li>Variety of Fruit</li> <li>Mashed Potatoes</li> <li>Honey Glazed Carrots</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Hotdog</li> <li>(2) Sloppy Joe</li> <li>Variety of Fruit</li> <li>Seasoned Roasted Broccoli</li> <li>Seasoned Corn</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Bean &amp; Cheese Burrito</li> <li>(2) Chicken Fajitas</li> <li>Variety of Fruit</li> <li>Seasoned Black Beans</li> <li>Shredded Lettuce + Tomato</li> <li>Variety of Milk</li> </ul>	<ul style="list-style-type: none"> <li>(1) Ham &amp; Cheese Croissant</li> <li>(2) Breakfast for Lunch</li> <li>Variety of Fruit</li> <li>Tater Tots</li> <li>Sliced Cucumbers</li> <li>Variety of Milk</li> </ul>	

**MAKE A COMPLETE MEAL:**

Entrees: Choose One

\*Fruit: Choose One OR Two

\*Vegetables: Choose One OR Two

Milk: Choose One

\*Must Choose a Fruit OR Vegetable\*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

2024-2025 Meal Prices	
Grades K-5	\$3.50
Grades 6-12	\$3.75
Reduced (all grades)	\$0.40

\*Menu subject to change based on availability\*

# OCTOBER 2024

## SHIRLEY LANHAM UPK LUNCH

### TUESDAY 1

Chicken Parmesan w/  
Breadstick  
**Variety of Fruit**  
Seasoned Roasted  
Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 2

Soft Tacos  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 3

Chicken + Waffles  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

### FRIDAY 4

Whole Grain Pizza  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
Variety of Milk

### MONDAY 7

Chicken Nuggets  
Breadstick  
**Variety of Fruit**  
Mashed Potatoes  
Honey Glazed Carrots  
Variety of Milk

### TUESDAY 8

Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted  
Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 9

Bean & Cheese Burrito  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 10

Breakfast for Lunch  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

### FRIDAY 11

NO SCHOOL

### MONDAY 14

NO SCHOOL

### TUESDAY 15

NO SCHOOL

### WEDNESDAY 16

Nachos Supreme  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk



### THURSDAY 17

Hummus Snack Pack  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

### FRIDAY 18

Hamburger  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
Variety of Milk

### MONDAY 21

Pasta w/ Meatballs  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
Variety of Milk

### TUESDAY 22

Chicken Parmesan w/  
Breadstick  
**Variety of Fruit**  
Seasoned Roasted  
Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 23

Soft Tacos  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 24

Chicken + Waffles  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

### FRIDAY 25

NO SCHOOL

### MONDAY 28

Chicken Nuggets  
Breadstick  
**Variety of Fruit**  
Mashed Potatoes  
Honey Glazed Carrots  
Variety of Milk

### TUESDAY 29

Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted  
Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 30

Bean & Cheese Burrito  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 31

Breakfast for Lunch  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

**UPK is served Family Style\***

Family Style Mean:

- Children eat in their classrooms
- Everyone eats the same food
- Children serve themselves

Family Style Promotes:

- Physical, social and emotional development
- Decision making skills, Sharing

#### 2024-2025 Meal Prices

UPK	\$3.50
UPK Reduced	\$0.40

\*Menu subject to change based on availability\*