



Luckiamute-Bridgeport

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch: No School	1 Breakfast: Apple Chunk Muffin, String Cheese, Fruit Juice, 10oz Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies, and veggies	2 Breakfast: Frosted Mini Wheat Bowls, fresh fruit, fresh fruit Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	3 Breakfast: Strawberry Granola, Yogurt, Applesauce Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies	4 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 6oz Lunch: Meatball Pasta Bake, Garlic Bread, fresh fruit, and veggies	5				
Breakfast: Zac Attack Bar Apple, Applesauce, Fruit Juice, 6oz Lunch: Meaty Lasagna, Garlic Bread, fresh fruit, and veggies	8 Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, and veggies	9 Breakfast: Raisin Bran Flakes Bowl, Yogurt, Fruit Juice, 10oz Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	10 Breakfast: WG Pumpkin Muffin, Hardboiled Egg, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies	11	12				
Lunch: No School	15 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (V, DF) Messy Moes, fresh fruit, and veggies	16 Breakfast: Frosted Mini Wheat Bowls, fresh fruit, Applesauce Lunch: (GF Filling, DF) Soft Chicken Tacos (chopped), fresh fruit, and veggies, and veggies	17 Breakfast: Apple Chunk Muffin, Hardboiled Egg, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies	18 Breakfast: Zac Attack Bar Strawberry, String Cheese, Fruit Juice, 6oz Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - Bulk, fresh fruit, and veggies	19				
Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce Lunch: (V) Pasta Alfredo, Garlic Bread, fresh fruit, and veggies	22 Breakfast: Original Cheerios Bowl, fresh fruit, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll - Bulk, fresh fruit, and veggies	23 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, Fruit Juice, 6oz Lunch: Chicken Enchiladas Verde, fresh fruit, and veggies, and veggies	24 Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies	25	26				
Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies	29 Breakfast: Frosted Mini Wheat Bowls, fresh fruit, Fruit Juice, 6oz Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll - Bulk, fresh fruit, and veggies	30 Breakfast: Raisin Bran Flakes Bowl, fresh fruit, Applesauce Lunch: (V) Mozzarella Pasta Bake, Garlic Bread, fresh fruit, and veggies	31						

DF - Dairy Free GF - Gluten Free V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and Luckiamute are equal opportunity providers.