

October 2017 Lions' Den Café Menu

Pricing:		19 days
K - 5	\$3.70	\$70.30
6 - 8	\$3.85	\$73.15
Milk	\$.60	\$11.40
Extra entrée =	\$2.50	Guest \$4.25



* All lunches include fruit and milk choices

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Monday	Tuesday	Wednesday	Thursday	Friday
2 –day 6 Hot dog Boy Oh Boy Baked beans Steamed Veggies Burstin' Berries Cups	3- day 1 Swedish Meatballs over WG Pasta Garlic Bread Strawberry Spinach Salad Mixed Fruit Medley	4-day 2 Chicken/Fish Soft or Hard Shell Tacos Bar Cilantro Rice Tasty Tomatoes Golden Peaches	5- day 3 Cheesy Bread w/ Marinara sauce Carrots & Celery w/ dip Fresh Garden Bar Orange Smiles	6-day 4 Italian Pizza Cheese or Pepperoni Italian Salad Fresh Garden Bar
9- day 5 National School Lunch Week Cinnamon French Toast Sausage Patties Oven Fried Potatoes Burstin' Berries Chef Choice Dessert	10- day 6 National School Lunch Week Pasta w/ Marinara or Meat Sauce Cheese Breadstick Magnificent Mandarin Orange Fresh Garden Bar	11- day 2 National School Lunch Week Walkin' Tacos (lettuce, tomato, black bean, corn, tomato salsa, cheese, Dorito Chips or Fritos Corn Chips, or Soft Shell) Mandarin Oranges Brown Rice Pilaf	12- day 2 National School Lunch Week <i>Happy Birthday Abu Junior Kalokoh</i> Mac and Cheese Chicken Nuggets Golden Peaches Fresh Carrots/Dip Chef Choice Dessert	13- day 4 National School Lunch Week Grandparent/VIP Day Oven Roasted Chicken Mashed Potato w/ gravy Dinner Roll Crisp Apple Slices Chef Choice Dessert
16- day 5 Hamburger or Cheese burger Oven Baked Fries Cinnamon Applesauce Steamed Vegetables	17- day 6 Hot dog Boy Oh Boy Baked beans Steamed Veggies Burstin' Berries Cups Potato Chips	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL
23–day 1 <i>Happy Birthday Max Schumacher</i> Cheesy Bread w/ Marinara sauce Carrots/Celery w/dip Orange Smiles Chef Choice Dessert	24- day 2 Oven Roasted Chicken Mashed Potato w/ gravy Dinner Roll Crisp Apple Slices Fresh Garden Bar	25- day 3 Baked Potato Bar w/ Chili Dinner Roll Bright Green Broccoli Mixed Fruit Medley Fresh Garden Bar	26- day 4 Swedish Meatballs over WG Pasta Garlic Bread Strawberry Spinach Salad Mixed Fruit Medley	27- day 5 Quesadilla(Chicken/ Cheese) Radical Red Peppers Pineapple & Melon Fresh Garden Bar

30- day 6 Italian Pizza Cheese or Pepperoni Italian Salad Apple Sauce Cups Steamed Vegetables	31- day 1 Walkin' Tacos (Lettuce, tomato, black bean, corn, tomato salsa, cheese, Dorito Chips or Fritos Corn Chips, or Soft Shell) Mandarin Oranges Brown Rice Pilaf			
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Menus are subject to change based on availability of product.

Veggies may include: baby carrots, celery, cucumbers, grape tomatoes, jicama, broccoli, red onion, Edamame, zucchini, cauliflower or summer squash.

Fruits may include: apple, pear, banana, grapes, oranges, kiwi, blueberries, pineapple, mango, strawberries, or applesauce. All bread products are whole grain.

Birthday lunches are a Silent Auction item available for purchase at Grand Beginnings

This Institution is an equal opportunity provider and employer.