



Lake of the Woods School

LUNCH K-12

OCTOBER 2008



Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH PRICES:				
High School: \$2.00/day				
Elementary: \$1.75/day				
Reduced: \$.40/day				
6	7	8	9	10
CHICKEN STRIPS BAKED POTATO VEGETABLE BREAD FRUIT MILK	TOMATO SOUP GRILLED CHEESE SANDWICH YOGURT CELERY ANIMAL CRACKERS FRUIT MILK	DICED CHICKEN GRAVY MASHED POTATOES GREEN BEANS DINNER ROLL COOKIE FRUIT MILK	CHICKEN FAJITAS RICE LETTUCE BREADSTICKS FRUIT MILK	ITALIAN DUNKERS PEAS FRUIT MILK
NATIONAL SCHOOL WEEK: VOTE FOR SCHOOL LUNCH				
13	14	15	16	17
CHEESEBURGER HAMBURGER FRENCH FRIES PICKLES ONIONS FRUIT MILK	PIZZA CORN FRUIT JUICE GRAHAM CRACKERS BREAD MILK	CORN DOG POTATO PUFFS BAKED BEANS CINNAMON ROLL FRUIT MILK NO HIGH SCHOOL LUNCH	NO SCHOOL TODAY	NO SCHOOL TODAY
20	21	22	23	24
QUESADILLAS MEXICAN RICE CARROTS LETTUCE FRUIT MILK	TACO MAX SNAX TRI TATORS VEGETABLE FRUIT BREAD MILK	SLOPPY JOES CHIPS VEGETABLE FRUIT BREAD MILK	CHICKEN PATTY POTATO WEDGES VEGETABLE FRUIT MILK	K-6 MINI SUBS 7-12 SUB SAND. CHIPS LETTUCE CARROTS PICKLES FRUIT MILK
27	28	29	30	31
CHEESE FILLED BREADSTICKS SPAGHETTI SAUCE VEGETABLE BREAD FRUIT MILK	CHICKEN NUGGETS MASHED POTATOES CARROTS DINNER ROLL FRUIT MILK	STUFFED CRUST PIZZA PEPPERONI, CHEESE. SAUS. CORN BIRTHDAY CAKE FRUIT MILK	HAMBURGER GRAVY MASHED POTATOES VEGETABLE BREAD FRUIT MILK	NACHO PLATE FRESH VEGGIES BREADSTICKS FRUIT MILK

ENTREE OPTIONS: K-6 PEANUT BUTTER OR CHEESE SANDWICH
7-12 CHEF OR BREAD BOWL SALAD: SUB SANDWICH



Eat for GOOD HEALTH



	Average	Target	% of Target		Average	% of Calories	Target
Calories	752	739	102%	Protein	33.89 G	18.02%	12.74
Cholesterol	65 Mg			Carbohyd	103.68 G	55.13%	
Sodium	1361 Mg			Tot. Fat	23.17 G	27.73%	<30.00%
Fiber	8.19 G			Sat. Fat	8.07 G	9.65%	<10.00%
Iron	4.90 Mg	3.95	124%				
Calcium	647.63 Mg	338.62	191%				
Vitamin A	5361 IU	1295	414%				
Vitamin C	37.46 Mg	16.68	225%				

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BREAKFAST K-12

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BREAKFAST PRICES: HIGH SCHOOL- \$1.00/DAY ELEMENTARY- \$1.00/DAY REDUCED- NO CHARGE		1 BREAKFAST BAGEL FRUIT JUICE MILK	2 CARAMEL ROLL CEREAL FRUIT JUICE MILK	3 CEREAL TOAST FRUIT JUICE MILK
6 PANCAKES SAUSAGE PATTY FRUIT JUICE MILK	7 CINNAMON ROLL CEREAL FRUIT JUICE MILK	8 ENGLISH MUFFIN/EGG PATTY FRUIT JUICE MILK	9 YOGURT CEREAL FRUIT JUICE MILK	10 BREAKFAST BITES FRUIT JUICE MILK
13 POPARTS CEREAL FRUIT JUICE MILK	14 CINNAMON RAISIN BISCUIT CEREAL FRUIT JUICE MILK	15 BREAKFAST BAR FRUIT JUICE MILK	16 NO SCHOOL TODAY	17 NO SCHOOL TODAY
20 BISCUIT CHEESE SAUCE FRUIT JUICE MILK	21 BAGELS CEREAL FRUIT JUICE MILK	22 FRENCH TOAST STICKS FRUIT JUICE MILK	23 EGG OMELET TOAST FRUIT JUICE MILK	24 DONUT CEREAL FRUIT JUICE MILK
27 CINN. SWIRL FRENCH TOAST FRUIT JUICE MILK	28 APPLE STICKS CEREAL FRUIT JUICE MILK	29 LONG JOHN CEREAL FRUIT JUICE MILK	30 HARD BOILED EGG TOAST FRUIT JUICE MILK	31 TOAST YOGURT FRUIT JUICE MILK

Kids who eat breakfast score higher in overall health.



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