# Breakfast & Lunch Menu

**Week #1 - Lakemary**  
**Oct 18-24, 2021**

### Breakfast

<table>
<thead>
<tr>
<th>Monday 10/18</th>
<th>Tuesday 10/19</th>
<th>Wednesday 10/20</th>
<th>Thursday 10/21</th>
<th>Friday 10/22</th>
<th>Saturday 10/23</th>
<th>Sunday 10/24</th>
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</table>
| **Western Omelet**  
Diced Pear Bowl  
Cereal  
100% Fruit Juice  
Milk Choice | **Mini Blueberry Waffles**  
w/ syrup  
Strawberry  
Applesauce Cup  
Cereal  
100% Fruit Juice  
Milk Choice | **Breakfast Crispitos**  
Diced Pineapple  
Cereal  
100% Fruit Juice  
Milk Choice | **Berry Yogurt Parfait**  
Cereal  
100% Fruit Juice  
Milk Choice | **Coffeecake**  
Diced Peaches  
Cereal  
100% Fruit Juice  
Milk Choice | **Sausage Pancake on a Stick**  
Fruit Mix Bowl  
Cereal  
100% Fruit Juice  
Milk Choice | **Hashbrown & Eggs**  
Cinnamon Applesauce Cup  
Cereal  
100% Fruit Juice  
Milk Choice |
| **Diced Pear Bowl**  
Cereal  
100% Fruit Juice  
Milk Choice | **PB&J Uncrustables**  
Celery w/ Ranch  
Cottage Cheese  
Veggie Chips  
Mandarin Oranges  
Dried Fruit Blend  
Milk Choice | **Taco Salad**  
Salsa & Guacamole  
Refried Beans  
Spanish Brown Rice  
Pear Halves  
Milk Choice | **Chicken Nuggets**  
Curly Fries  
Honey-Glazed Carrots  
Panini Roll  
Melon Fruit Salad  
Milk Choice | **Mini Meatball Sub**  
Corn on the Cob  
Roasted Red Potato Wedges  
Fresh Banana  
Cherry Applesauce  
Milk Choice | **Cowboy Cavatini**  
Tortilla Chips  
Guacamole  
Fiesta Black Beans  
Mexican Churro  
Fresh Apple Slices  
Milk Choice | **French Dip Biscuits**  
Tri-Color Rotini Salad  
Red Pepper Strips  
Sweet Potato Chips  
Fresh Grapes  
Milk Choice |
| **Cereal**  
100% Fruit Juice  
Milk Choice | **Cook’s Choice**  
Celery w/ Ranch Dip  
Tater Rounds  
Toasted Wheat Thins  
Fruit Cocktail  
Milk | **Ham & Potatoes**  
Green Beans  
Wheat Dinner Roll  
Vanilla Wafers  
Mango Mousse Cake  
Milk | **Chili Cheese Coney**  
French Fries  
Baby Carrots  
Fresh Strawberries  
Ambrosia Salad  
Milk | **Chicken Patty on Whole Grain Bun**  
Sliced Tomatoes  
Potato Fry Smiles  
Berrycino Mousse  
Diced Pineapple  
Milk | **Ravioli**  
Garlic Toast  
Peas & Carrots  
Raspberry Mousse Cake  
Diced Peach Bowl  
Milk |
| **Milk Choice** | **Milk Choice** | **Milk Choice** | **Milk Choice** | **Milk Choice** | **Milk Choice** | **Milk Choice** |

### Lunch

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| **Enchilada Casserole**  
Blue Corn Tortilla Chips  
Salsa  
Spinach Salad  
Fresh Banana  
Milk | **Cook's Choice**  
Celery w/ Ranch Dip  
Tater Rounds  
Toasted Wheat Thins  
Fruit Cocktail  
Milk | **Ham & Potatoes**  
Green Beans  
Wheat Dinner Roll  
Vanilla Wafers  
Mango Mousse Cake  
Milk | **Chili Cheese Coney**  
French Fries  
Baby Carrots  
Fresh Strawberries  
Ambrosia Salad  
Milk | **Chicken Patty on Whole Grain Bun**  
Sliced Tomatoes  
Potato Fry Smiles  
Berrycino Mousse  
Diced Pineapple  
Milk | **Ravioli**  
Garlic Toast  
Peas & Carrots  
Raspberry Mousse Cake  
Diced Peach Bowl  
Milk |
| **Bavarian Mini Pretzel**  
Mixed Fruit  
Milk | **Ceviche**  
Lime Juice  
Cilantro  
Tomato  
Avocado  
Mangoes  
Milk | **Ham & Bacon**  
Green Beans  
Wheat Dinner Roll  
Vanilla Wafers  
Mango Mousse Cake  
Milk | **Chili Cheese Coney**  
French Fries  
Baby Carrots  
Fresh Strawberries  
Ambrosia Salad  
Milk | **Chicken Patty on Whole Grain Bun**  
Sliced Tomatoes  
Potato Fry Smiles  
Berrycino Mousse  
Diced Pineapple  
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Milk | **Ceviche**  
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Tomato  
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Milk | **Ham & Bacon**  
Green Beans  
Wheat Dinner Roll  
Vanilla Wafers  
Mango Mousse Cake  
Milk | **Chili Cheese Coney**  
French Fries  
Baby Carrots  
Fresh Strawberries  
Ambrosia Salad  
Milk | **Chicken Patty on Whole Grain Bun**  
Sliced Tomatoes  
Potato Fry Smiles  
Berrycino Mousse  
Diced Pineapple  
Milk | **Ravioli**  
Garlic Toast  
Peas & Carrots  
Raspberry Mousse Cake  
Diced Peach Bowl  
Milk |

*Menu subject to change

“This institution is an equal opportunity provider.”