

Lee County Schools  
Lee Early College  
Menus for  
October 2009



**Available Daily**

**Breakfast**  
Cereal and Toast

**Lunch**  
Fruit Juice as a Fruit Choice

**Lunch Prepayment Will Be Accepted**

October 7th and 8th

Full Pay \$ 39.90  
Reduce Pay \$ 7.60

<p><b>Thurs., Oct. 1</b></p> <p>Jerry 's Chicken Casserole w/ Grain Roll Fish Sandwich On Multi Grain Bun Coleslaw Strawberry Cup</p> <p><b>Breakfast</b> Pancakes</p>	<p><b>Friday, Oct. 2</b></p> <p>Pepperoni Pizza Chili Beans Corn Green Peas</p> <p><b>Breakfast</b> Manager's Choice</p>
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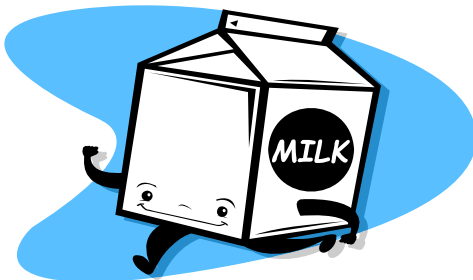
<p><b>Monday, Oct. 5</b></p> <p>Hamburger Steak w/ gravy and Grain Roll Hot Dog w/ Chili Baked Beans Spicy French Fries Coleslaw Manager's Choice on Fruit</p> <p><b>Breakfast</b> Waffle</p>
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<p><b>Tuesday, Oct. 6</b></p> <p><b>Early Dismissal</b> Chicken Nuggets w/ Grain Roll Vegetable Beef Soup w/ Cheese Sandwich Steamed Cabbage Peach Cup</p> <p><b>Breakfast</b> Good Gravy Pizza</p>
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<p><b>Wed., Oct. 7</b></p> <p>Pork Roast w/ Gravy and Grain Roll Chicken Filet Sandwich Creamy Creamed Potatoes Green Beans Seasonal Fresh Fruit</p> <p><b>Breakfast</b> Manager's Choice</p>
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<p><b>Thurs., Oct. 8</b></p> <p>Lasagna w/ Grain Roll Chicken Wings w/ Grain Roll Straight Cut French Fries Corn Chilled Pear Cup</p> <p><b>Breakfast</b> Blueberry Pancakes on stick</p>
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<p><b>Friday, Oct. 9</b></p> <p>Pepperoni Pizza Chicken Fajita Wrap Green Peas Glazed Carrots Applesauce</p> <p><b>Breakfast</b> Chocolate Chunk Muffin</p>
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A choice of milk will be offered daily with a complete meal.

<p><b>Monday, Oct. 12</b></p> <p>Chef Salad w/ Wheat Crackers Hot Dog w/ Chill Coleslaw Spicy French Fries Manager's Choice</p> <p><b>Breakfast</b> Super Donut</p>
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<p><b>Tuesday, Oct. 13</b></p> <p>Chicken Filet Sandwich On Multi Grain Bun Nachos Manager's Choice Pinto Beans Strawberry Cup</p> <p><b>Breakfast</b> Sausage and Toast</p>
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<p><b>Wed., Oct. 14</b></p> <p>Spaghetti w/ Grain Roll Turkey and Cheese Sandwich on Multi Grain Bun Corn Green Peas Straight Cut French Fries Seasonal Fresh Fruit</p> <p><b>Breakfast</b> Mini Pancakes w/ Sausage</p>
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<p><b>Thurs., Oct. 15</b></p> <p>Baked Chicken w/ Grain Roll Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Green Beans Peach Cup</p> <p><b>Breakfast</b> Good Gravy Pizza</p>
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<p><b>Friday, Oct. 16</b></p> <p>Pepperoni Pizza Chicken Salad w/ Wheat Thins Corn Cobbett Vegetable Pasta Salad Chilled Pear Cup</p> <p><b>Breakfast</b> Yogurt</p>
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Monday, Oct. 19	Tuesday, Oct. 20	Wed., Oct. 21	Thurs., Oct. 22	Friday, Oct. 23
Cheeseburger on Multi Grain Bun BBQ Sandwich on Multi Grain Bun Coleslaw French Fries Chilled Pear Cup  <b>Breakfast</b> Pancakes w/ Sausage On a stick	Chicken Tenders w/ Grain Roll Beef Stroganoff w/ Grain roll Green peas Raw Vegetable Cup Manager's Choice Fruit  <b>Breakfast</b> Cheesy Eggs w. Toast	Macaroni and Cheese w/ Sausage and grain roll Corn Dog Nuggets Green Beans Glazed Carrots Seasonal Fresh Fruit  <b>Breakfast</b> French Toast	Turkey and Cheese Sandwich on Multi Grain Bun Mexican Beef Rotini w/ Grain Roll Broccoli and Cheese Sauce Black Eye Peas Very Berry Cup  <b>Breakfast</b> Manager's Choice	Pepperoni Pizza Sloppy Joe on School Made Roll Corn Pinto Beans Applesauce  <b>Breakfast</b> Blueberry Muffin
Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Friday, Oct. 30
Taco Pie Hot Dog w/ Chill Tossed Salad Tater Tots Fruit Gelatin  <b>Breakfast</b> Cheese Toast	Beef Burrito Chicken & Cheese Quesadilla Shredded Lettuce, Tomato & Pickle Manager's Choice Chilled Pear Cup  <b>Breakfast</b> Good Gravy Pizza	Open Faced Turkey Sandwich Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Lima Beans Seasonal Fresh Fruit  <b>Breakfast</b> Unrustable Peanut Butter and Jelly	Jerry's Chicken Casserole w/ Grain Roll Fish Sandwich on Multi Grain Bun Coleslaw Spicy French Fries Strawberry Cup  <b>Breakfast</b> Pancakes	Pepperoni Pizza Chili Beans w/ Wheat Crackers Corn Green Peas Applesauce  <b>Breakfast</b> Manager's Choice

## Snacks

**DID You KNOW** that snacks may be needed to help give you the energy that you need to make it through the day. Make sure to choose healthy snacks from each of the different food groups to increase the nutrients in your diet.

### Healthy Snacks Suggestions:

Animal Crackers  
Graham Crackers  
Air-Popped Popcorn  
Cheese  
Pudding  
Yogurt  
Any Raw Vegetables  
Fruit juice  
Any Fresh Fruit  
Peanut Butter  
Turkey or Meat Cubes

If you go out to "Trick or Treat" make sure you have an adult check your candy before you eat it!



USDA is an equal opportunity provider and employer.

Our Menus are subject to change.

