

October 2020

LYERLY ELEMENTARY SCHOOL

LUNCH



Cafeteria Manager, Jessica Cabe

Menu is subject to Change.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

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Reference: USDA MyPlate



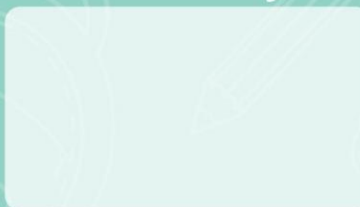
Monday

Tuesday

Wednesday

Thursday

Friday



Pizza Or
Chicken Nuggets W/Roll **1**
Salad
Carrots & Dip
Fruit
Choice of Milk

Chicken Sandwich Or
Ham & Cheese on a Bun **2**
Chips
Baked Beans
Fruit
Choice of Milk

VIRTUAL LEARNING DAY **5**
Meal Delivery: 11 AM-12 PM
OR
Meal Pick up: 12 PM-1 PM

Pizza Or
Burrito **6**
Salad
Veggie Cup
Fruit
Choice of Milk

Steak Nuggets W/Roll Or
Chicken Nuggets W/Roll **7**
Broccoli & Cheese
Creamed Potatoes
Fruit
Choice of Milk

Cheese Sticks W/Marinara Or
Cowboy Nachos **8**
Corn
Green Beans
Fruit
Choice of Milk

Hamburger Or
Turkey & Cheese on a Bun **9**
Chips
Lettuce/Tomato
Fruit
Choice of Milk

FALL BREAK **12**

FALL BREAK **13**

FALL BREAK **14**

FALL BREAK **15**

FALL BREAK **16**

STUDENT HOLIDAY/TEACHER WORKDAY **19**

Taco Salad Or
Popcorn Chicken W/Roll **20**
Veggie Cup
Corn
Fruit
Choice of Milk

Pizza Or
Chicken Taco Wrap **21**
Caesar Salad
Carrots & Dip
Fruit
Choice of Milk

PB&J W/ Cheese Stick Or
Grilled Cheese **22**
Peas & Carrots
Chips
Fruit
Choice of Milk

Sausage Biscuit Or
Chicken Biscuit **23**
Sweet Potato Fries
Gravy
Fruit
Choice of Milk

VIRTUAL LEARNING DAY **26**
Meal Delivery: 11 AM-12 PM
OR
Meal Pick up: 12 PM-1 PM

Burrito OR
Cowboy Nachos **27**
Refried Beans
Corn
Fruit
Choice of Milk

Chicken & Waffle Or
Fish Sandwich **28**
Creamed Potatoes
Green Beans
Fruit
Choice of Milk

Steak Nuggets W/Roll Or
Cheese Sticks W/Marinara **29**
Carrots & Dip
Mac & Cheese
Fruit
Choice of Milk

Hot Dog OR
BBQ Sandwich **30**
Slaw
Baked Beans
Fruit
Choice of Milk