



# Grab & Go Menu • Nov 16 - 20, 2020

**Menus are subject to change without notice.**

This institution is an equal opportunity provider.

Due to ongoing product availability issues, we may serve items other than those listed on the menu.

|                                 |                                    |   |
|---------------------------------|------------------------------------|---|
| <p>Monday 11/16<br/>Pick Up</p> | <p>Wednesday 11/18<br/>Pick Up</p> | <p>Friday 11/20 Pick Up<br/><i>Dress Up Theme:</i><br/><i>College/School Spirit Day</i></p> |
|---------------------------------|------------------------------------|---|

## Breakfast: Two Entrees Provided at Each Pick Up

|  |   |  |
|--|---|--|
| <p><b>Froot Loops Cereal</b> ✓<br/><b>Cinnamon Waffle</b> *✓<br/><b>or Manager's Special</b></p> | <p><b>Cheerios Cereal</b> ✓<br/><b>Rolled Breakfast Taco</b> *✓<br/><b>or Manager's Special</b></p> | <p><b>Cinnamon Toast Crunch</b> ✓<br/><b>House-Made Cinnamon Crumb Cake</b> *✓<br/><b>or Manager's Special</b></p> |
|--|---|--|

## Lunch & Supper: Two Lunch & Two Supper Entrees Provided at Each Pick Up

|  |   |  |
|--|---|--|
| <p><b>Pepperoni Pizza</b> *<br/><b>Hamburger</b> *<br/><b>Bean &amp; Cheese Burrito</b> *✓<br/><b>Peanut Butter Cup</b> ✓✂<br/><b>&amp; Whole Wheat Crackers</b><br/><b>or Manager's Special</b></p> | <p><b>Chicken Nuggets</b> *<br/><b>Cheesy Garlic Bread</b> *✓<br/><b>Turkey &amp; Cheese Sandwich</b><br/><b>Peanut Butter &amp; Jelly</b> ✓✂<br/><b>Sandwich</b><br/><b>or Manager's Special</b><br/><b>with Chocolate Pudding</b></p> | <p><b>Build Your Own Nachos:</b><br/><b>Chips w/House-Made Chili</b> *<br/><b>Cheese Pizza</b> *✓<br/><b>Corn Dog</b> *<br/><b>Chicken Sandwich</b> *<br/><b>or Manager's Special</b><br/><b>with Cookie</b></p> |
|--|---|--|

Each day's meal pick up also includes at least **FOUR CUPS** of fruits & vegetables and two snacks.  
Your choice of 1% white and nonfat chocolate milk is available during pick up.

**KEY**

- ❖ = **Whole Grain** (all grains are whole grain)
- \* = **Heat at Home** (Heating instructions included)
- ✓ = **Meatless** (All sides are Meatless)
- Ⓟ = **Contains Pork**
- ✂ = **Contains Peanuts**

For more information, follow us on Instagram @lbsnutrition or visit us on the web at [http://www.lbschools.net/Departments/Nutrition\\_Services/](http://www.lbschools.net/Departments/Nutrition_Services/)