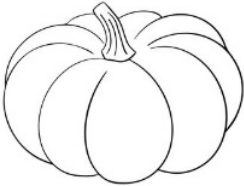


November 2023

Lava Charter School

Breakfast and Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
		DAILY MILK CHOICES 1% WHITE NON-FAT CHOCOLATE		1 <i>Cereal</i> <i>String Cheese</i> <i>Fruit</i> <i>100% Fruit Juice</i> <i>Milk</i>	Chicken Nuggets Crackers Veggies Fruit Milk	2 <i>Buttermilk bar</i> <i>or Cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Macaroni and cheese Veggies Fruit Milk	3 <i>Sausage eggs and cheese</i> <i>Burrito or Cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Pizza Lunchable Veggies Fruit Milk
		6 <i>Cereal</i> <i>String Cheese</i> <i>Fruit</i> <i>100% Fruit Juice</i> <i>Milk</i>	Mc Rib sandwich Veggies Fruit Milk	7 <i>Pancakes or cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Beef and bean burrito Veggies Fruit Milk	8 <i>Banana bread or Cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Chili Beans Corn Muffins Veggies Fruit Milk	9 <i>Dutch Waffles or Cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Stuffed Crust Pizza Veggies Fruit Milk
13 <i>Cereal</i> <i>String Cheese</i> <i>Fruit</i> <i>100% Fruit Juice</i> <i>Milk</i>	Galaxy Pizza Veggies Fruit Milk	14 <i>Muffin tops or Cereal</i> <i>Fruit</i> <i>100% Fruit Juice</i> <i>Milk</i>	Beef Taco Veggies Fruit Milk	15 <i>Cini Mini or cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Orange chicken Brown Rice Veggies Fruit Milk	16 <i>Biscuits and gravy or Cereal</i> <i>Fruit</i> <i>100% Fruit Juice</i> <i>Milk</i>	KFC bowl Popcorn chicken Mashed potatoes corn gravy Fruit Milk	17 <i>Breakfast cluster or Cereal</i> <i>Fruit</i> <i>100% Fruit Juice</i> <i>Milk</i>	Peanut butter and Jelly uncrustable Veggies Fruit Milk
<h1>NO SCHOOL</h1>									
27 <i>Cereal</i> <i>String Cheese</i> <i>Fruit</i> <i>100% Fruit Juice</i> <i>Milk</i>	Corn dogs Veggies Fruit Milk	28 <i>Banana bread or cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Turkey Taco Veggies Fruit Milk	29 <i>Chocolate donut or Cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Spaghetti Bread sticks Veggies Fruit Milk	30 <i>Churros</i> <i>Yogurt or Cereal</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	Chicken Sandwich Veggies Fruit Milk	<h1>MENU SUBJECT TO CHANGE</h1>	

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****MENU SUBJECT TO CHANGES****