




Laconia Elementary School - September 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| Breakfast Bar, Yogurt and String Cheese | Chef's Choice alternate | Bagel, CC, yogurt, and string cheese | Turkey & cheese on whole grain | Sun butter & jelly on WG & yogurt |
| 2 | 3 | 4 | 5 | 6 |
|  LABOR DAY | Chicken burger Lettuce, tomato Baby carrots Ranch dip Baked chips Choice of fruit | Soft shell taco Lettuce, tomato, cheese, salsa Black beans Choice of fruit | Hamburger or Cheeseburger Whole grain bun Lettuce, tomato Oven fries Choice of fruit | French bread pizza Salad bar Choice of fruit Chef's choice dessert |
| 9 | 10 | 11 | 12 | 13 |
| Hot dog Whole grain bun Baked beans Potato Smiles Choice of fruit |  No school Teacher's Workshop | Chicken Snack Wrap Ranch Dressing Lettuce, Tomato, Cheese, Salsa Potato puffs Choice of fruit | Meatball sub Oven fries Baby carrots Ranch dip Choice of fruit | Individual round pizza Salad bar Choice of fruit Chef's choice dessert |
| 16 | 17 | 18 | 19 | 20 |
| Chicken nuggets Dipping sauces Potato smiles Whole grain roll Green beans Choice of fruit | Grilled cheese Tomato soup Reduced fat Doritos Choice of fruit | Spaghetti & Meatsauce Texas toast Salad bar Fresh or chilled fruit | Turkey corn dog Baked beans Oven fries Choice of fruit | Gill's Fresh Pizza Salad bar Choice of fruit Chef's choice dessert |
| 23 | 24 | 25 | 26 | 27 |
| Ham & cheese croissant Oven fries Baked beans Choice of fruit | Beef & Cheese Nachos Salsa, Sour Cream Brown Rice Choice of fruit | Chicken & gravy Green beans Mashed potato Buttermilk biscuit Choice of fruit | Macaroni & cheese Yogurt Salad bar Whole grain roll Choice of fruit | Pizza sticks Dipping sauce Salad bar Choice of fruit Chef's choice dessert |
| 30 | Approved applications are required for meal benefits and are not retroactive. Please complete an application as soon as possible. Last year's benefits expire on October 11, 2024 | | This institution is an equal opportunity provider. |  Welcome Back! |

| Breakfast |
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| Mondays |
| Choice of cold cereal Freshly baked muffin Fresh or chilled fruit Juice and milk |
| Tuesdays |
| Cinnamon roll 4 oz yogurt Fresh or chilled fruit Juice and milk |
| Wednesdays |
| Mini Maple waffles 4 oz yogurt Fresh or chilled fruit Juice and milk |
| Thursdays |
| Fruit, yogurt & granola parfait Fresh or chilled fruit Juice and milk |
| Fridays |
| Bacon, egg & cheese breakfast sandwich Hash brown patty Fresh or chilled fruit Juice and milk |
| Meals served with choice of skim, or fat-free flavored milk. |
| Meal Prices: Lunch: \$3.50, Reduced \$.40 Adult \$4.00 Breakfast: \$2.00, Reduced - no charge Adult \$2.50. Cold Lunch Milk \$.50 |