Lucas Local School District
k-12 Breakfast Menu

October 2026

Fresh Eats CAFETERIA

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
Being the Best ME I Can Be **Eat well, feel great, be amazing.**			1 Cinnamon Roll or choc chip Muffin Asorted fruits Assorted Juice	2 Yogart Cup with belly bears or Goody Bun Assorted fruits Assorted Juice
5 Mini Choco Chip French toast or Mini Banana Loaf Assorted Fruits Assorted Juice	6 Waffles or Chocolate muffins Assorted fruits Assorted juice	7 Egg and cheese on eglish muffin or mini blueberry loaf Assorted fruits Assorted juice	8 Iced Donuts/w sprinkles or Choco chip Muffin Assorted Fruit Assorted Juice	9 Breakfast Chicken on a Biscuit or Goody BUn Assorted Fruit Assorted Juice
12 NO SCHOOl Teacher in-service	13 Pancake Nuggets or Double Chocolate Muffin Assorted Fruit Assorted Juice	14 Sausage & Cheese English Muffin or Mini Blueberry Loaf Assorted Fruit Assorted Juice	15 Mini Pancake Puffs or Choc Chip Muffin Assorted Fruit Assorted Juice	16 Strawberry Cream Cheese Filled Bagel or Goody Bun Assorted Fruit Assorted Juice
19 Egg and Cheese on english muffin or Mini Banana Loaf Assorted Fruit Assorted Juice	20 Dutch Waffle or Double Chocolate Muffin Assorted Fruit Assorted Juice	21 Egg and Cheese on Biscuit or Mini Blueberry Loaf Assorted Fruit Assorted Juice	22 Cinnamon Roll or Choc Chip Muffin Assorted Fruit Assorted Juice	23 Yogurt with belly bears or Goody Bun Assorted Fruit Assorted Juice
26 Mini Maple Pancakes or Mini Banana Loaf Assorted Fruit Assorted Juice	27 Waffles or Double Chocolate Muffin Assorted Fruit Assorted Juice	28 Egg and Cheese on English Muffin or Mini Blueberry Loaf Assorted Fruit Assorted Juice	29 Iced Donut w/sprinkles or Choc Chip Muffin Assorted Fruit Assorted Juice	30 Breakfast Chicken on biscuit or Goody Bun Assorted Fruit Assorted Juice

Daily Milk Options: 2% white, Fat Free Chocolate Breakfast $1.50

USDA is an equal opportunity provider, employer, and lender.
Menu subject to change.

The Nutrition Group