

OCTOBER 2023

Lummi Nation School

BREAKFAST



School Information:



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

French Toast w/
Sausage
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

2

TUESDAY

Hot or cold cereal
Berry Parfait
Banana Bread
Bagel w/ cream cheese
Fresh fruit
Milk

3

WEDNESDAY

Cinnamon Roll Day
Scrambled eggs w/
Bacon, Cheese
Hash browns & Toast
Bagel w/ cream cheese
Fresh fruit and Milk

4

THURSDAY

Pancakes w/ sausage
Applesauce cup
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

5

FRIDAY

Breakfast burrito: eggs,
Potatoes, Chorizo
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

6

**Indigenous
Peoples Day
No School**

9

Hot or cold cereal
Berry Parfait
Muffins
Bagel w/ cream cheese
Fresh fruit
Milk

10

Potato Bowl: Eggs,
sausage & toast
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

11

French Toast
Sausage link
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

12

Fish Hash w/ Toast
Hard boiled eggs
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

13

Pancake on a stick
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

16

Hot or cold cereal
Yogurt cup
Donut
Bagel w/ cream cheese
Fresh fruit
Milk

17

Scrambled eggs w/
ham & Cheese
Hash browns & Toast
Bagel w/ cream cheese
Fresh fruit
Milk

18

Waffles, Sausage link
Strawberry cup
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

19

Breakfast fried rice w/
spam
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

20

French Toast
Sausage link
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

23

Hot or cold cereal
Berry Parfait
Cinnamon Roll
Bagel w/ cream cheese
Fresh fruit
Milk

24

Potato bowl: eggs,
Bacon w/ toast
Yogurt cup
Bagel w// cream cheese
Fresh fruit
Milk

25

Pancakes w/ Sausage
Applesauce cup
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

26

Biscuits & Gravy
Hard boiled eggs
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

27

Waffles w/ sausage
Strawberry cup
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

30

Halloween
Hot or cold cereal
Berry Parfait
Banana Bread
Bagel w/ cream cheese
Fresh fruit
Milk

31





School Information:



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

Chicken alfredo
Broccoli w/ bread sticks
Sandwiches
Salad bar
Fresh fruit
Milk

2

TUESDAY

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

3

WEDNESDAY

Cinnamon Roll Day
Chicken strips w/ tots
Sandwiches
Salad bar
Fresh fruit
Milk

4

THURSDAY

Beef Nachos or burrito
Refried beans &
Spanish rice
Sandwiches
Salad bar
Fresh fruit and Milk

5

FRIDAY

Corn dog w/ chips
Sandwiches
Salad bar
Fresh fruit
Milk

6

INDIGENOUS PEOPLES DAY

9

NO SCHOOL

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

10

Popcorn chicken, corn
Mashed potato w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

11

Sweet & Sour Chicken
Rice w/ mixed veggies
Sandwiches
Salad bar
Fresh fruit
Milk

12

Chicken Burger w/
chips
Sandwiches
Salad bar
Fresh fruit
Milk

13

Mac & Cheese w/ ham
Dinner roll
Sandwiches
Salad bar
Fresh fruit
Milk

16

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

17

Oven Baked Chicken
Mashed potatoes
Corn on the cob
Sandwiches
Salad bar
Fresh fruit and Milk

18

Chicken noodle soup
Cheese bread
Sandwiches
Salad bar
Fresh fruit
Milk

19

Hot dog w/ chips
Chili
Baked potato bar
Sandwiches
Salad bar
Fresh fruit and Milk

20

Spaghetti w/ corn
Garlic bread sticks
Sandwiches
Salad bar
Fresh fruit
Milk

23

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

24

Chicken Nuggets w/
Tots and a roll
Sandwiches
Salad bar
Fresh fruit
Milk

25

Teriyaki Chicken w/
Rice or noodles &
mixed veggies
Sandwiches
Salad bar
Fresh fruit and Milk

26

Hamburger w/ chips
Sandwiches
Salad bar
Fresh fruit
Milk

27

Chicken Alfredo
Squash w/ bread stick
Sandwiches
Salad bar
Fresh fruit
Milk

30

Halloween
Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

31

