

October 2019

LFS Spirit Day / Friday, October 25th / Wear your LFS Blue T-Shirt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Chicken breast, mashed potatoes, fruit & vegetables	2 Hamburger deluxe, fruit & vegetables	3 Chicken fajittas, fruit & vegetables	4 Egg omelets, cinnamon rolls, fruit & vegetables	5
6	7 Sausage, pancakes, fruit & vegetables	8 Taco salad, black beans, fruit & vegetables	9 Chicken tortilla soup, meat & cheese	10 Chicken wedges, French fries, fruit & vegetables	11 Super nachos, egg & tuna salad sandwiches, fruit & vegetables	12
13	14 Sausage, gravy over biscuits, fruit & vegetables	15 Spaghetti, meat sauce, fruit & vegetables	16 Chicken nuggets, tator tots, fruit & vegetables	17 NO SCHOOL	18 NO SCHOOL	19
20	21 Diced chicken, mashed potatoes, fruit & vegetables	22 Chili, breadsticks, fruit & vegetables	23 Sandwiches & chips	24 Hamburger vegetables stew, fruit & vegetables	25 Egg omelets, cinnamon rolls, fruit & vegetables	26
27	28 Pizza, fruit & vegetables	29 Hot dogs, potato chips, fruit & vegetables	30 Knephla soup, meat & cheese sandwiches, fruit & vegetables	31 Spaghetti, meat sauce, fruit & vegetables	1	2
3	4	<p><u>Parent Teacher Conferences / October 15th / 3:30 - 8:00pm</u></p> <p><u>Little Flower Academy Day / October 23rd / 9:00 - 3:15pm</u></p>				