



Happy November,

The cold wet weather has finally found its way here, and the fun holiday festivities are starting to ramp up. First, just a friendly reminder to dress your students for the weather and to keep them home if they have a fever or symptoms of the flu. Second, we are excited to start the seasonal celebrations with our Veteran's Day assembly on November 9th -- parents are welcome! -- and then progress towards our week off for Thanksgiving.

Our Garwood Grizzlies have been hard at work this fall meeting the class expectations, and meeting our Grizzlies B.E.A.R.S expectations (Brave, Engaged, Always Respectful, Responsible and Safe). If your students come home with a sticker, it was because they were "caught" exceeding those B.E.A.R.S. expectations! Go Grizzlies!

Enjoy the calm before the Holidays, and enjoy the turning of the season.

Sincerely,

Monique & Russell

Monique English, Principal

Russell Helgeson, Principal's Assistant

Phone: 208.687.1265 ex 4499 Email: [monique.english@lakeland272.org](mailto:monique.english@lakeland272.org)

## Reminders From the Garwood Office

- **November 6-8** Parent Teacher Conferences after school-7PM
- **November 9** Veterans day Assembly 9:00AM - Parents are welcomed to attend!
- **November 12** Picture day, school is still scheduled
- **November 19 -23** No School-Thanksgiving Break

### Missing a Day at School?

Please call the office by 9am when your student is not able to attend school. Mrs. King begins making phone calls when she has not heard from parents. This policy is in place to ensure the safety of our Garwood students.

### Change in Pick-Up?

When calling to pick up students early.....please call by 2:30pm. BASE parents: please remember to call the office and BASE for changes in transportation.

When staff or students call from Garwood...we ask that they always leave a message. When parents call the office saying "I missed a call", we don't always know who called you...please wait for your voicemail to come through.



## **FALL BOOK FAIR 2018**

Book Fair will be at Garwood in the library Monday - Thursday, November 5th - 8th. The hours are from 8:30-3:30. Please, remember there is tax on ALL items for the Book Fair. We accept cash, check (please make it out to **Idaho Book Fair**), debit, or credit cards. Thank you for all your support!

See you in the library,  
Mrs. Z.

### From the Assistant Superintendent

Dear Parents,

If you have preschool-aged children at home (2-5), we have a program for you! The Lakeland Literacy Project is proud to present “Literacy for Little Ones” at the District Office starting on Monday, September 24th from 1:30 until 2:30. Come join us as we share a fun picture book and enjoy art activities that celebrate the learning we do that day. We will host “Literacy for Little Ones” every month on the following dates:

Monday, November 26th

Monday, December 17th

Monday, January 28th

Monday, February 25th

Monday, March 18th

Monday, April 22nd

Monday, May 20th

Feel free to join us for each month’s special book and activity or as often as you and your little one are able. We are excited to bring this program to our families with young children. If you have any questions, please contact Kat Gilmore at [kgilmore@lakeland272.org](mailto:kgilmore@lakeland272.org) or call her at 208-687-4371. We look forward to seeing you!

Kat Gilmore  
Lakeland Literacy Project Director

Lisa Sexton  
Assistant Superintendent

### **PTO Meetings at Garwood Elementary 2018**

<b>Date:</b>	<b>Time:</b>
November 20, 2018	3:15 PM
December 18, 2018	3:15 PM
January 22, 2018	3:15 PM
February 19, 2018	3:15 PM
March 19, 2018	3:15 PM
April 16, 2018	3:15 PM
May 21, 2018	3:15 PM



## Pull Tabs For Ronald McDonald House



Ronald McDonald House Spokane provides a "home away from home" for families with children accessing medical services in the Inland Northwest. They raise money by collecting and recycling aluminum pull tabs. Garwood Elementary has been supporting Ronald McDonald House by collecting pull tabs for them. You can help by saving pull tabs from beverage cans, canned soups, fruits, vegetables, and many other canned goods and sending them to school with your child. Thank you.

**Ronald McDonald House Thanks You!**



Shout out!!!

### Garwood Grizzly PTO

WOW!!! Big shout out to the Garwood Grizzly PTO for the amazing Fall Festival that they threw, such a great success. The halls, classrooms, gymnasium, and cafeteria were filled with great costumes, laughing families, and tons of smiles.

If you have not stopped by to see the amazing work that our PTO does, please come by to one of the PTO meetings, the next one will be held

November 20th.

### Cross Country

Congratulations to all of the Garwood Grizzly Runners! We had a great cross country turnout this year with over 100 participants. Many runners placed between 1st and 10th place at the district meet and we couldn't be more proud of them. Huge shout out to all the parents, staff, coaches and students for making it all happen! We are looking forward to another successful season next year!









## **PBIS (Positive Behavior Intervention and Supports)**

Hello Parents,

The last three years Garwood has been working on implementing a school wide positive behavior support program. Implementation that you may have noticed include students “walking on the prowl” in our halls, playground procedures, the BEARS (Brave, Engaged, Always Respectful, Responsible, Safe), and receiving a Bear Card if they were caught following one of those expectations.

This year, we are continuing all of that, but adding several layers of school wide support. First we have developed and implemented a school wide refocus form, that will be filled out if a student is having a difficult time following our BEARS expectations. Second, we are tracking all major and minor offenses in order to provide support to students, so that they can have a successful, positive, and productive experience in the classroom. Finally, some of our students will have a Check-in and Check-out teacher buddy. This will provide the extra layer of support by building a positive relationship with one of our teachers, and provide an opportunity for the student be accountable for their success.

We are excited to move forward, and help meet all the needs of all our students here at Garward. If you have any questions, comments or concerns I would be more than happy to have that conversation with you.

Russell Helgeson

Principal's Assistant

[russell.helgeson@lakeland272.org](mailto:russell.helgeson@lakeland272.org)

Minor \_\_\_\_ Major \_\_\_\_ Referral # \_\_\_\_\_  
3 Minors=A Major

### **Garwood Elementary Referral Form**

Student Name: _____		Location (1)	
Classroom Teacher: _____		<input type="checkbox"/> Classroom <input type="checkbox"/> Gym	
Grade: K 1 2 3 4 5		<input type="checkbox"/> Hallway P, I <input type="checkbox"/> Bathroom P, I, F	
Referring Staff: _____		<input type="checkbox"/> Playground <input type="checkbox"/> Lab	
Date: _____ Time of Incident: _____		<input type="checkbox"/> Cafeteria <input type="checkbox"/> Other _____	
<input type="checkbox"/> Specialist Classroom _____			
<b>Minor Problem Behavior (3)</b>	<b>Major Problem Behavior (3)</b>	<b>Perceived Motivation (1)</b>	
<input type="checkbox"/> Disrespect <input type="checkbox"/> Defiance/Non-Compliance <input type="checkbox"/> Disruption <input type="checkbox"/> Physical Contact <input type="checkbox"/> Inappropriate Language <input type="checkbox"/> Property Misuse <input type="checkbox"/> Technology Violation <input type="checkbox"/> Throwing Rocks or Snow <input type="checkbox"/> Other _____	<input type="checkbox"/> Repetitive Defiance/Non-Compliance <input type="checkbox"/> Physical Aggression <input type="checkbox"/> Repetitive Disruption <input type="checkbox"/> Repetitive Disrespect <input type="checkbox"/> Abusive Language/Profanity <input type="checkbox"/> Bullying <input type="checkbox"/> Fighting <input type="checkbox"/> Property Damage <input type="checkbox"/> Lying/ Cheating <input type="checkbox"/> Other _____ <input type="checkbox"/> Harassment <input type="checkbox"/> gender <input type="checkbox"/> ethnicity <input type="checkbox"/> sexual <input type="checkbox"/> race <input type="checkbox"/> religion <input type="checkbox"/> disability <input type="checkbox"/> other <input type="checkbox"/> physical characteristics	<input type="checkbox"/> Obtain Peer Attention <input type="checkbox"/> Avoid Tasks/Activity <input type="checkbox"/> Obtain Item/Activity <input type="checkbox"/> Obtain Adult Attention <input type="checkbox"/> Avoid Adult Attention <input type="checkbox"/> Avoid Peer Attention	
<b>Others involved in incident (1)</b> <input type="checkbox"/> None <input type="checkbox"/> Classroom Teacher <input type="checkbox"/> Substitute <input type="checkbox"/> Peers <input type="checkbox"/> Staff <input type="checkbox"/> Other _____			
<b>Action Taken (1)</b>			
<input type="checkbox"/> Time Out/Out of Classroom Refocus <input type="checkbox"/> Conference with Student <input type="checkbox"/> Loss of Privileges/Missed Recess <input type="checkbox"/> Parent Contact <input type="checkbox"/> Other _____		<input type="checkbox"/> In-School Suspension (____ hours/days) <input type="checkbox"/> Out-of-School Suspension (____ hours/days)	
<b>School-Wide Expectation Broken (1)</b> <input type="checkbox"/> Brave <input type="checkbox"/> Engaged <input type="checkbox"/> Always Respectful <input type="checkbox"/> Responsible <input type="checkbox"/> Safe			
<b>Other Comments:</b> _____			

### **Grizzly Refocus Form**

Remember, it should be in complete sentences, and grammatically correct.



Name: \_\_\_\_\_  
Date: \_\_\_\_\_

1. What BEARS expectation did I not meet?

\_\_\_\_\_  
\_\_\_\_\_

2. Why was my behavior a problem? (Continue on back if needed.)

\_\_\_\_\_  
\_\_\_\_\_

3. What could I have done instead? (Continue on back if needed.)

\_\_\_\_\_  
\_\_\_\_\_

4. Do you need to apologize?  
☐ Yes ☐ No

Did you Apologize?  
☐ Yes ☐ No

To Whom? \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Teacher's Signature: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

### **Grizzly Refocus Form**

Name: \_\_\_\_\_  
Date: \_\_\_\_\_



1. Circle the expectation that you did not meet.

Brave, Engaged, Always Respectful, Responsible, Safe

2. How did you not meet the expectations?

\_\_\_\_\_  
\_\_\_\_\_

3. Write or draw what I need to do instead.

\_\_\_\_\_  
\_\_\_\_\_

4. Do you need to apologize?  
☐ Yes ☐ No

Did you Apologize?  
☐ Yes ☐ No

To Whom? \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Teacher's Signature: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_



# COUNSELOR'S CORNER



## Problem-Solving Steps



### Classroom Lessons:

Students in grades K and 1st have been focusing on learner skills such as listening, focusing attention, positive self talk, and following directions.

In November, K-3rd graders will begin the district's adopted Personal Safety curriculum. A detailed letter will be sent home explaining what the curriculum encompasses as it pertains to your student's grade level. If you would like to review the curriculum, please schedule a meeting with me to do so.

In grades 4<sup>th</sup>-6<sup>th</sup> students will continue exploring and developing their knowledge on the following topics: problem solving strategies and kindness.

Please ask your student what was their favorite part during any of those lessons.



### Garwood Giving Tree

The Giving Tree is a wonderful opportunity to give back to our community and support each other during the holidays. The Giving Tree will be located just outside of the Garwood office and will be filled with wonderful Christmas wishes for children and their families. The tree will be up on November 14. Please stop by and consider picking up an ornament or two. This is a great opportunity to make a family's holiday season that much brighter. You must write your name next to any ornaments you select on the sign out sheet located next to the Giving Tree. Wrapped gifts (food items do not need to be wrapped) are due back to the office by Wednesday, December 12.

We have many charitable families who made this event unforgettable last year, and we would love to thank them again for their generosity. It is individuals such as yourselves who help our students thrive, make our community stronger, and make our school an astonishing place to be.

Please feel free to email me if you have any questions with the Giving Tree program or would like to find out how you could help.  
Email: [cmartines@lakeland272.org](mailto:cmartines@lakeland272.org).



# Reading Connection

Tips for Reading Success

Beginning Edition

November 2018

Lakeland Joint School District #272

From the Title I Staff

## Book Picks

Read-aloud favorites

### ■ *The Princess in Black*

(Shannon Hale and Dean Hale)

Princess Magnolia has a secret. When monsters appear, she becomes a superhero. But hiding her identity is tough, especially with Duchess Wigtower snooping around. The first book in the Princess in Black series. (Also available in Spanish.)

### ■ *There's No Place Like Space! All About Our Solar System*

(Tish Rabe)

Dr. Seuss's Cat in the Hat stars in this fact-filled book about space. Readers can jump aboard his rocket ship and travel from planet to planet to explore our solar system.

### ■ *Drawn Together*

(Minh Lê)

A little boy and his grandfather speak different languages, eat different foods, and prefer different TV shows.



But when they discover that they both like to draw, they find a way to connect and communicate.

This sweet tale is told almost entirely through pictures.

### ■ *Bat Count: A Citizen Science Story*

(Anna Forrester)

Facts about bats, conservation, and citizen science are woven into this story. When Jojo's family notices the bats around their home are disappearing, she and her family volunteer to help scientists count the animals. (Also available in Spanish.)



## Tap into what your child knows

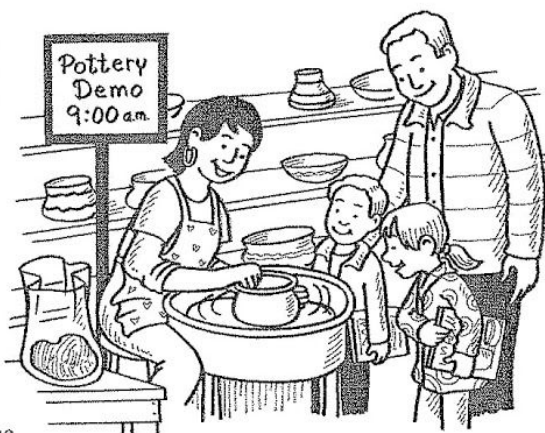
Everything your youngster does, sees, or reads gets filed away in his memory as *background knowledge*. Here are ways to help him use and build on this information to understand what he reads.

### Log his memory

Before you read, ask your child what he knows about the book's topic. This gets his brain ready to take in new information. For a nonfiction book on bees, he may say the insects buzz and sometimes sting. *Idea:* Suggest that he draw bees on a sheet of paper and write and illustrate a fact on each bee. After you read, he can add more bees with things he learned.

### Pair outings with books

A trip to a craft store or the dentist can fill your youngster's tank of knowledge. Read library books related to upcoming outings, and discuss what you might see (pottery, hygienist). When you get home, reread the book. It may be more meaningful now that he has



real-life experience. ("That's right, the hygienist cleans your teeth before the dentist checks them.")

### I know that!

Help your child draw a stop sign on paper, cut it out, and glue it on a craft stick. Keep the sign nearby when you read. Each time he hears something familiar, he can hold up the stop sign. Stop reading to let him share what he knows. ("We have a pet hermit crab at school. When he outgrows his shell, he crawls into a new one.")♥

## According to this expert...

Let your child teach you something. By writing instructions for you, she will share her expertise and practice informational writing.

First, she could choose something she's good at, such as making s'mores or drawing animals. Have her list each step in the process. Her first step might be "For each s'more, get 2 graham crackers, 1 square of chocolate, and 1 marshmallow."

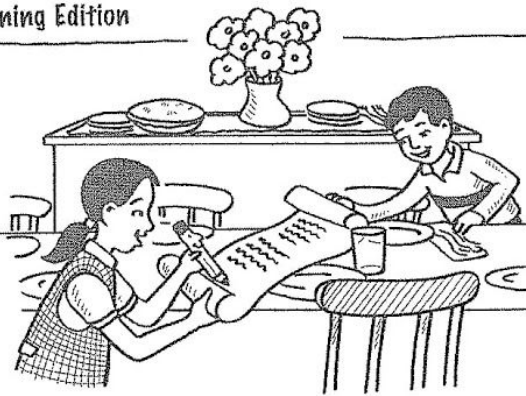
Now follow your youngster's instructions exactly. Can you complete the task? If not, ask her what's missing. ("Oops, you need to toast the marshmallow before you put it between the graham crackers.")♥



# Thanksgiving poetry

Everyone's a poet with these family writing activities that will make Thanksgiving even more special!

**Rhyming menu.** What's for Thanksgiving dinner? Help your child write the name of each food (turkey, green beans, sweet potatoes) on a separate slip of paper. After she puts the slips in a bowl, have each family member draw one and write two rhyming lines of



can collect the cards and write a *list poem*—by listing the ideas and adding descriptive words. Invite her to read it to everyone before you eat. *Example:*

poetry about the food. For instance, "Mashed potatoes are so *creamy*. With Mom's gravy, they're just *dreamy*." Now she can combine everyone's lines into one poem and make a copy to put beside each guest's plate.

**List of thanks.** Let your youngster hand out index cards and ask guests to write what they're thankful for. Then, your child

We're thankful for  
Loving family  
Yummy food  
Good health  
Cute pets

That's what we're thankful for!♥

## Q&A Too easy?

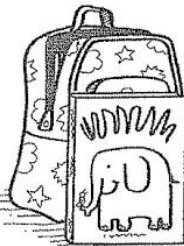
Q My son's teacher sometimes sends home books that seem too easy for him. Why is this?

A The books your child brings home are probably at his *independent* reading level—easy enough for him to read all by himself without getting frustrated.

It's likely that he reads more challenging books in school. Those books, at his *instructional* reading level, are ones he can read and understand with a little help from his teacher.

Also, keep in mind that reading involves more than just recognizing words. Your son needs books that build comprehension skills, too. For example, say he's learning to infer, or read between the lines. The teacher might assign a book that appears easy but actually requires deeper thinking to really get the meaning.

If you still have concerns, talk to the teacher. She'll be able to explain your son's reading level and how she decides which books to send home.♥



## Parent to Parent

### Books for life's lessons

My daughter Sophia was jealous of her new baby brother from the day we came home from the hospital. When I talked to our pediatrician, he recommended several books to read to her, including *The New Baby* by Mercer Mayer and *I Am a Big Sister* by Caroline Jayne Church.

Sophia loved the books. After we read them a few times, I caught her reading one aloud to the baby. I realized that not only was she getting in some reading practice, she was also bonding with her little brother.

Sophia is sometimes still jealous of all the attention her brother needs. But she's enjoying reading about characters she can relate to. And I'm happy I've discovered that reading is one way to help my daughter handle challenges she faces.♥



## Fun with Words

### Name games

When does n-a-m-e spell fun? When your youngster uses names to practice spelling. Together, list the names of everyone in your home (pets, too!), and play these games.

and drive the cars around to scramble the letters. Then, ask him to "park" the cars in order to spell the name. *Hint:* He could refer to the list if he needs help.

### Draw and guess

Take turns secretly picking a name and drawing a picture of something that starts with each letter.

For *Paul*, you could draw a pickle, an apple, an umbrella, and a lion. Can your youngster figure out the name you chose?♥



### Park and spell

Let your child choose any name from the list and write each letter on a separate square of masking tape. Now he can stick each square on the roof of a separate toy car

## OUR PURPOSE

To provide busy parents with practical ways to promote their children's reading, writing, and language skills.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • [rfecustomer@wolterskluwer.com](mailto:rfecustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)  
ISSN 1540-5648

Calling all parents! Now is the time to get your child...

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**Prepare Your Child for School Success**  
These FREE workshops will show you how.

**WHO:** Parents and caregivers of  
children age 2-5

**HOW:** Call 208-667-8112 or visit  
UnitedWayofNorthIdaho.org

**WHEN:**

- Lakeland: 10/23, 1/29, 4/2
- Post Falls: 10/16, 2/5, 4/9
- Coeur d'Alene: 10/20, 2/9, 4/13



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of North Idaho

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Workshops!

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Care!

Be **READY!** when the bus comes the first day of school!

[www.ReadyForKindergarten.org](http://www.ReadyForKindergarten.org)





Birth to age 5 is the time to get your child...

**READY!** for Kindergarten®

### — Did you know? —

- From birth to age 5, a child learns at a speed unmatched the rest of his or her life. Those early learning experiences influence success in school and beyond.
- Parents and caregivers are a child's first and most influential teachers.
- Every year 40 percent of children walk into kindergarten one-to-three years behind. These students struggle to catch up. Sadly, most of them never do.
- Students who start kindergarten behind form the largest group of dropouts, and they have less than a 12 percent chance of attending a four-year university.

### — But there is something you can do about it! —

- A child's learning journey begins long before they start school – it starts at home.
- Birth to age 5, children are learning every waking moment.
- Reading, talking and purposeful play with a child beginning at birth helps their minds grow strong and bright.

### — READY! for Kindergarten shows you how. —

- **READY! for Kindergarten** is the national model for school readiness, engaging parents and caregivers in their child's learning from birth to age 5.
- **READY!** builds strong parent engagement and teaches families new skills and helpful tips to nurture a child's development in ways that foster essential early literacy, math and social-emotional skills.
- **FREE workshops**, learning targets, and take-home activities and tools, equip parents and caregivers to help babies and young children develop strong brain connections for success in school.

**Visit the READY! for Kindergarten website  
to find a workshop near you!**



[www.ReadyForKindergarten.org](http://www.ReadyForKindergarten.org)

# November 2018

## Garwood Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

			<b>1</b>	<b>2</b>
			<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Egg &amp; Cheese Sandwich</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Sliced Whole Grain toast</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Breakfast Rolled Taco</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Sliced Whole Grain toast</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Skewered Turkey Sausage Pancake</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Blueberry Muffin</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Breakfast Turkey Sausage Pizza</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Low Fat Mozzarella String Cheese</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Pancakes</li> <li>Syrup</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Sliced Whole Grain toast</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Baked Cinnamon Roll</li> <li>Icing for Cinnamon Rolls</li> <li>Strawberry Yogurt</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Strawberry Yogurt</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Breakfast Turkey Sausage Pizza</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Low Fat Mozzarella String Cheese</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Egg &amp; Cheese Sandwich</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Apple Cinnamon Muffin</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Breakfast Turkey Sausage Pizza</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Low Fat Mozzarella String Cheese</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Whole Grain French Toast Sticks</li> <li>Syrup</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Sliced Whole Grain toast</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Biscuit and Sausage Gravy</li> <li>Fresh Baked Whole Grain Biscuit</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Strawberry Yogurt</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Frosted Strawberry Pop-Tart</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Strawberry Yogurt</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Skewered Turkey Sausage Pancake</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Blueberry Muffin</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Breakfast Turkey Sausage Pizza</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Low Fat Mozzarella String Cheese</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Egg &amp; Cheese Sandwich</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Sliced Whole Grain toast</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>Biscuit and Sausage Gravy</li> <li>Fresh Baked Whole Grain Biscuit</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Sugar Trix</li> <li>Lucky Charms</li> <li>Cocoa Puffs Cereal</li> <li>Strawberry Yogurt</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>Assorted Fruit Juice</li> <li>Fresh Orange Wedges</li> <li>Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>Chocolate Skim Milk</li> <li>1% Low-fat Milk</li> </ul>

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**Menus Subject to Change** We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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More Details: [lakeland272.nutrislice.com/menu/garwood/breakfast/](http://lakeland272.nutrislice.com/menu/garwood/breakfast/)

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Garwood  
Lunch

## November 2018

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

## Main Entrees

- Cheese Pizza
- Steamed Broccoli Florets
- Turkey Ham & Cheddar Chef Salad
- Whole Grain Dinner Roll
- Apple Cinnamon Muffin Fun Lunch

## Fruit &amp; Vegetable Bar

- Tossed Salad
- Garbanzo Beans
- Fresh Golden Delicious Apple
- Assorted Chilled Fruit
- Assorted Fruit Juice

## Milk &amp; Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Strawberry Skim Milk
- Buttermilk Ranch Dressing
- Homemade Italian Dressing

2

5

## Main Entrees

- Classic American Cheeseburger
- Baked Crinkle Fries
- Chicken Nuggets
- Whole Grain Dinner Roll
- Nachos Fun Lunch

## Fruit &amp; Vegetable Bar

- Tossed Salad
- Fresh Carrots
- Green Peas
- Dried Mixed Fruit
- Fresh Orange Wedges
- Assorted Chilled Fruit

## Milk &amp; Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- BBQ Sauce
- Ketchup
- Yellow Mustard
- Homemade Italian Dressing
- Buttermilk Ranch Dressing
- Salsa

6

## Main Entrees

- Pancakes
- Egg Patty
- Pork Sausage Patties
- Cheese Pizza
- Turkey and Cheese Sandwich
- Double Chocolate Cookie

## Fruit &amp; Vegetable Bar

- Tossed Salad
- Fresh Broccoli Florets
- Fresh Granny Smith Apple
- Assorted Chilled Fruit
- Assorted Fruit Juice

## Milk &amp; Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Lite Mayo
- Yellow Mustard
- Buttermilk Ranch Dressing
- Homemade Italian Dressing
- Syrup

7

## Main Entrees

- Cheesy Baked Pasta
- Garlic Twist
- Turkey Corn Dog
- Cocoa Puffs Cereal
- Strawberry Yogurt

## Fruit &amp; Vegetable Bar

- Tossed Salad
- Fresh Carrots
- Spinach and Cranberry Salad
- Dried Mixed Fruit
- Fresh Orange Wedges
- Assorted Chilled Fruit

## Milk &amp; Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup
- Yellow Mustard
- Buttermilk Ranch Dressing
- Homemade Italian Dressing

8

## Main Entrees

- Cheese Pizza
- Seasoned Carrots
- Turkey Ham & Cheddar Chef Salad
- Whole Grain Dinner Roll
- Apple Cinnamon Muffin Fun Lunch

## Fruit &amp; Vegetable Bar

- Tossed Salad
- Garbanzo Beans
- Fresh Golden Delicious Apple
- Assorted Chilled Fruit
- Assorted Fruit Juice

## Milk &amp; Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Buttermilk Ranch Dressing
- Homemade Italian Dressing

9

## Main Entrees

- Tangerine Chicken
- Brown Rice
- Crispy Chicken Patty Sandwich
- Blueberry Parfait with Granola

## Fruit &amp; Vegetable Bar

- Tossed Salad
- Fresh Carrots
- Sliced Cucumbers
- Dried Mixed Fruit
- Fresh Orange Wedges
- Assorted Chilled Fruit

## Milk &amp; Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup
- Yellow Mustard
- Lite Mayo
- Buttermilk Ranch Dressing
- Homemade Italian Dressing

<b>12</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Whole Grain French Toast Sticks</li> <li>• Pork Sausage Patties</li> <li>• Chicken Nuggets</li> <li>• Whole Grain Dinner Roll</li> <li>• Nachos Fun Lunch</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Broccoli Florets</li> <li>• Fresh Granny Smith Apple</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Lite Mayo</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> <li>• Salsa</li> <li>• Syrup</li> </ul>	<b>13</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Soft Beef Taco</li> <li>• Shredded Cheddar Cheese</li> <li>• Shredded Lettuce</li> <li>• Roasted Carrot Fries</li> <li>• Cheese Pizza</li> <li>• Turkey Ham &amp; Cheese Sandwich</li> <li>• Chocolate Chip Cookie</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Broccoli Florets</li> <li>• Fresh Granny Smith Apple</li> <li>• Assorted Chilled Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Lite Mayo</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> <li>• Salsa</li> </ul>	<b>14</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Meatballs in Zesty Marinara</li> <li>• Spaghetti Sauce</li> <li>• Savory Green Beans</li> <li>• Whole Grain Toasted Garlic Bread</li> <li>• Turkey Corn Dog</li> <li>• Cocoa Puffs Cereal</li> <li>• Strawberry Yogurt</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Carrots</li> <li>• Spinach and Cranberry Salad</li> <li>• Fresh Orange Wedges</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Ketchup</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> <li>• Syrup</li> </ul>	<b>15</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Seasoned Corn</li> <li>• Turkey Ham &amp; Cheddar Chef Salad</li> <li>• Whole Grain Dinner Roll</li> <li>• Apple Cinnamon Muffin Fun Lunch</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Black Beans</li> <li>• Fresh Golden Delicious Apple</li> <li>• Assorted Chilled Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>	<b>16</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Roasted Turkey with Gravy</li> <li>• Mashed Potatoes</li> <li>• Mashed Sweet Potatoes</li> <li>• Whole Grain Dinner Roll</li> <li>• Cranberry Sauce</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Carrots</li> <li>• Sliced Cucumbers</li> <li>• Fresh Orange Wedges</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Ketchup</li> <li>• Lite Mayo</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>
<b>19</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Classic American Cheeseburger</li> <li>• Baked Crinkle Fries</li> <li>• Chicken Nuggets</li> <li>• Whole Grain Dinner Roll</li> <li>• Nachos Fun Lunch</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Carrots</li> <li>• Green Peas</li> <li>• Dried Mixed Fruit</li> <li>• Fresh Orange Wedges</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• BBQ Sauce</li> <li>• Ketchup</li> <li>• Yellow Mustard</li> <li>• Homemade Italian Dressing</li> <li>• Buttermilk Ranch Dressing</li> <li>• Salsa</li> </ul>	<b>20</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Sweet &amp; Sour Chicken</li> <li>• Brown Rice</li> <li>• Roasted Cinnamon Butternut Squash</li> <li>• Cheese Pizza</li> <li>• Turkey Ham &amp; Cheese Sandwich</li> <li>• Chocolate Chip Cookie</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Broccoli Florets</li> <li>• Fresh Granny Smith Apple</li> <li>• Assorted Chilled Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Lite Mayo</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>	<b>21</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Toasted Cheese Bagel</li> <li>• Campbell's Tomato Soup</li> <li>• Turkey Corn Dog</li> <li>• Cocoa Puffs Cereal</li> <li>• Strawberry Yogurt</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Broccoli Florets</li> <li>• Spinach and Cranberry Salad</li> <li>• Fresh Granny Smith Apple</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Ketchup</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>	<b>22</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Seasoned Peas</li> <li>• Turkey Ham &amp; Cheddar Chef Salad</li> <li>• Whole Grain Dinner Roll</li> <li>• Apple Cinnamon Muffin Fun Lunch</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Garbanzo Beans</li> <li>• Fresh Golden Delicious Apple</li> <li>• Assorted Chilled Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>	<b>23</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Turkey Hot Dog</li> <li>• Apple Cranberry Crisp</li> <li>• Crispy Chicken Patty Sandwich</li> <li>• Strawberry Parfait with Granola</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Carrots</li> <li>• Sliced Cucumbers</li> <li>• Dried Mixed Fruit</li> <li>• Fresh Orange Wedges</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Ketchup</li> <li>• Yellow Mustard</li> <li>• Lite Mayo</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>
<b>26</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Classic American Cheeseburger</li> <li>• Baked Crinkle Fries</li> <li>• Chicken Nuggets</li> <li>• Whole Grain Dinner Roll</li> <li>• Nachos Fun Lunch</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Carrots</li> <li>• Green Peas</li> <li>• Dried Mixed Fruit</li> <li>• Fresh Orange Wedges</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• BBQ Sauce</li> <li>• Ketchup</li> <li>• Yellow Mustard</li> <li>• Homemade Italian Dressing</li> <li>• Buttermilk Ranch Dressing</li> <li>• Salsa</li> </ul>	<b>27</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Sweet &amp; Sour Chicken</li> <li>• Brown Rice</li> <li>• Roasted Cinnamon Butternut Squash</li> <li>• Cheese Pizza</li> <li>• Turkey Ham &amp; Cheese Sandwich</li> <li>• Chocolate Chip Cookie</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Broccoli Florets</li> <li>• Fresh Granny Smith Apple</li> <li>• Assorted Chilled Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Lite Mayo</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>	<b>28</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Toasted Cheese Bagel</li> <li>• Campbell's Tomato Soup</li> <li>• Turkey Corn Dog</li> <li>• Cocoa Puffs Cereal</li> <li>• Strawberry Yogurt</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Broccoli Florets</li> <li>• Spinach and Cranberry Salad</li> <li>• Fresh Granny Smith Apple</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Ketchup</li> <li>• Yellow Mustard</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>	<b>29</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Seasoned Peas</li> <li>• Turkey Ham &amp; Cheddar Chef Salad</li> <li>• Whole Grain Dinner Roll</li> <li>• Apple Cinnamon Muffin Fun Lunch</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Garbanzo Beans</li> <li>• Fresh Golden Delicious Apple</li> <li>• Assorted Chilled Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>	<b>30</b> <b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Turkey Hot Dog</li> <li>• Apple Cranberry Crisp</li> <li>• Crispy Chicken Patty Sandwich</li> <li>• Strawberry Parfait with Granola</li> </ul> <b>Fruit &amp; Vegetable Bar</b> <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Carrots</li> <li>• Sliced Cucumbers</li> <li>• Dried Mixed Fruit</li> <li>• Fresh Orange Wedges</li> <li>• Assorted Chilled Fruit</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• Chocolate Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Ketchup</li> <li>• Yellow Mustard</li> <li>• Lite Mayo</li> <li>• Buttermilk Ranch Dressing</li> <li>• Homemade Italian Dressing</li> </ul>

**Menus Subject to Change** We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

More Details: [lakeland272.nutrislice.com/menu/garwood/lunch/](http://lakeland272.nutrislice.com/menu/garwood/lunch/)

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