

# SEPTEMBER 2022

LCS/FRES/MLC

## LUNCH



### Meal Prices

**Student Lunch: \$3.05**  
**Student Reduced Lunch: .40**  
**Adult or Guest: \$ 3.95**



### XTRA Meal Choices Lunch Box Meals Available Daily

**Monday- Ham & Cheese**  
**Tuesday- Flat Bread Pizza**  
**Wednesday- Pepperoni & Cheese**  
**\*\* All meals served with Fresh Fruit & Veggie Bar \*\***



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### Labor Day

5

6

7

8

9

Cheeseburger  
 Lettuce & Tomato  
 Oven Fries  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch Alternate  
 Sunbutter Sand

Ham & Cheese on a Bun  
 Veggie Bar Assorted  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Pizza  
 Mixed Green Salad  
 Chick Pea Salad  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Hot Dog in a Roll  
 BBQ Baked Beans  
 Veggie Bar Assorted  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

Nacho's w/ Ground Beef  
 Lettuce & Tomato  
 Cheddar Cheese & Salsa  
 Veggie Sticks - Fresh Apples  
 Or Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

12

13

14

15

16

Fish Sticks  
 Oven Fries  
 Homemade Coleslaw  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

BBQ Pulled Pork on a Bun  
 Potato Wedges  
 Veggie Bar  
 Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

Pizza  
 Mixed Green Salad  
 Chick Pea Salad  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Chicken Nuggets  
 Brown Rice  
 Green Beans  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Soft Taco - Cheddar  
 Cheese  
 Lettuce - Tomato - Salsa  
 Brown Rice  
 Assorted Fresh Fruit  
 Or Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

19

20

21

22

23

Spaghetti & Meat Sauce  
 Whole Grain Roll  
 Tossed Salad  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Tuna Salad Sandwich  
 Lettuce & Tomato  
 Baked Potato Chips  
 Veggie Bar - Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

Pizza  
 Mixed Green Salad  
 Chick Pea Salad  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Crispy Chicken Sandwich  
 Lettuce & Tomato  
 Tater Tots  
 Veggie Bar - Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

American Chop Suey  
 Steamed Broccoli  
 Whole Grain Dinner Roll  
 Assorted Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

26

27

28

29

30

WG French Toast Sticks  
 Sausage Link  
 Assorted Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

Cheese Sticks  
 Marinara Sauce  
 Mixed Green Salad  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Pizza  
 Mixed Green Salad  
 Chick Pea Salad  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

Turkey Bulky  
 Veggie Bar Assorted  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

# SEPTEMBER 2022

## LSC/FRES/WLC

### BREAKFAST



**Meal Prices**  
 Student Breakfast: \$1.75  
 Student Reduced Breakfast: \$.30  
 Milk or Juice: \$.50 Adult \$ 2.00



All of our School meals are all prepared fresh daily and include fresh fruits and vegetables sourced from local farms. We also offer a variety of 100% fruit juice & high quality Hood 1% & fat free flavored milk. USDA is an equal opportunity provider & employer

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Labor Day**

**5**

**Breakfast Choices**

**Maple Pancakes**  
 Assorted Cereal  
 Assorted Breakfast Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**6**

**Breakfast Choices**

**WG French Toast Sticks**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**7**

**Breakfast Choices**

**Whole Grain Bagel**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**8**

**Breakfast Choices**

**Whole Grain Donut**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**9**

**Breakfast Choices**

**WG Cinnamon Roll**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**12**

**Breakfast Choices**

**Maple Pancakes**  
 Assorted Cereal  
 Assorted Breakfast Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**13**

**Breakfast Choices**

**WG French Toast Sticks**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**14**

**Breakfast Choices**

**Whole Grain Bagel**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**15**

**Breakfast Choices**

**Whole Grain Donut**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**16**

**Breakfast Choices**

**WG Cinnamon Roll**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**19**

**Breakfast Choices**

**Maple Pancakes**  
 Assorted Cereal  
 Assorted Breakfast Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**20**

**Breakfast Choices**

**WG French Toast Sticks**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**21**

**Breakfast Choices**

**Whole Grain Bagel**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**22**

**Breakfast Choices**

**Whole Grain Donut**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**23**

**Breakfast Choices**

**WG Cinnamon Roll**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**26**

**Breakfast Choices**

**Maple Pancakes**  
 Assorted Cereal  
 Assorted Breakfast Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**27**

**Breakfast Choices**

**WG French Toast Sticks**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**28**

**Breakfast Choices**

**Whole Grain Bagel**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**29**

**Breakfast Choices**

**Whole Grain Donut**  
 Assorted Cereal  
 Assorted Cereal Bar  
 Assorted Hot Cereal  
 Yogurt & Granola  
 Assorted Fresh Fruit

**30**