

SEPTEMBER 2022

LCS/FRES/WLC

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

Thursday- Turkey & Cheese
Friday- Bologna & Cheese



**** All meals served with Fresh Fruit & Veggie Bar ****

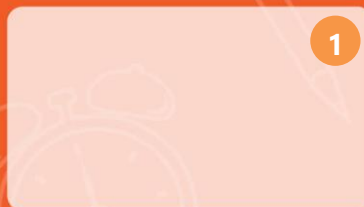
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

5

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

6

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

7

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

8

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

9

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

12

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

13

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

14

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

15

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

16

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

19

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

20

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

21

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

22

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

23

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

26

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

27

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

28

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

29

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

30