



FEBRUARY | 2019

HIGH SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 USDA is an equal opportunity provider and employer"</p>	<p>29 Featured daily vegetables Monday Spinach Tuesday Radish Wednesday Mushrooms Thursday Red peppers Friday Peas</p>	<p>30 CHECK OUT OUR EXPANDED SALAD BARS INCLUDED WITH ALL MEALS</p>	<p>31</p>	<p>1 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>
<p>4 FAT FREE MILK WG Baked chicken tenders Baked Crispy fries WG Dinner roll Golden corn Awesome applesauce Salad bar</p>	<p>5 FAT FREE MILK Mini corn dog bites WG Baked chips Bolstered baked beans Fresh veggies/low fat dip Cinnamon applesauce Salad bar</p>	<p>6 FAT FREE MILK Build your own Nacho Bar Meat and cheese Lettuce/tomato/salsa/sr cream Black bean and corn fiesta Fresh apple slices Salad bar</p>	<p>7 FAT FREE MILK Asian stir fry day New Orleans's style General Tso' spicy chicken Stir fry veggies Fluffy wild brown rice Mandarin oranges Salad bar</p>	<p>8 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar</p>
<p>11 FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes & mixed fruit 100% fruit juice Salad bar</p>	<p>12 FAT FREE MILK CHICKEN BOWL Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar</p>	<p>13 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>	<p>14 FAT FREE MILK SNOW DAY MAKE UP DAY Cook's choice of entrée' Vegetable included Fruit included Whole grain included Salad bar included</p>	<p>15 FAT FREE MILK SNOW DAY MAKE UP DAY Cook's choice of entrée' Vegetable included Fruit included Whole grain included Salad bar included</p>
<p>18 FAT FREE MILK SNOW DAY MAKE UP DAY Cook's choice of entrée' Vegetable included Fruit included Whole grain included Salad bar included</p>	<p>19 FAT FREE MILK BAKED Chicken Sandwich Served on a whole grain bun Potato wedges Bolstered baked beans Assorted fresh fruit bowl Salad bar</p>	<p>20 FAT FREE MILK Reduced fat macaroni and cheese Savory garlic toast Seasoned green beans Sliced pears Salad bar</p>	<p>21 FAT FREE MILK Student favorite Walking taco meat/cheese Baked scoops Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar</p>	<p>22 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar</p>
<p>25 FAT FREE MILK Baked whole grain chicken nugget Cottage cheese/Granola Bar Mixed green garden salad Diced peaches Salad bar</p>	<p>26 FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar</p>	<p>27 FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked sweet potato puffs Baked beans Orange wedges Salad bar</p>	<p>28 FAT FREE MILK Classic homemade chili Whole grain crackers Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar</p>	<p>1 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar</p>

News

Lunch prices 2018-19
Breakfast \$2.00
Elementary \$2.75
Middle school \$3.00
High School \$3.00

MILK CHOICES
INCLUDE FLAVORED
AND UNFLAVORED
FAT FREE MILK
DAILY WITH ALL MEALS

YOU MAY NOW
MAKE ON-LINE LUNCH
ACCOUNT
PAYMENTS
e-mail

bmaury@lawtoncs.org
kwalters@lawtoncs.org

For your
LOG-IN INFORMATION

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SALAD BAR ITEMS OFFERED DAILY
 INCLUDE: ROMAINE LETTUCE,
 TOMATOES, CELERY, CARROTS,
 GREEN PEPPERS, CUCUMBERS,
 ONIONS, BROCCOLI, AND
 CAULIFLOWER