



NOVEMBER | 2018

HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>“USDA is an equal opportunity provider and employer”</p>	<p>Featured daily vegetables Monday Spinach Tuesday Radish Wednesday Mushrooms Thursday Red peppers Friday Peas</p>	<p>1 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>2 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>
<p>5 FAT FREE MILK Baked whole grain chicken nugget Cottage cheese/Granola Bar Mixed green garden salad Diced peaches Salad bar</p>	<p>6 FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar</p>	<p>7 FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked sweet potato puffs Baked beans Orange wedges Salad bar</p>	<p>8 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>9 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>12 FAT FREE MILK Chicken fajita Served on ultra grain tortilla Green peppers and onions Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar</p>	<p>13 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>14 FAT FREE MILK Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar</p>	<p>15 FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes & mixed fruit 100% fruit juice Salad bar</p>	<p>16 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>
<p>19 FAT FREE MILK Mini corn dog bites Fun sized Doritos Bolstered baked beans Cinnamon applesauce Salad bar</p>	<p>20 HALF DAY OF SCHOOL BREAKFAST SERVED</p>	<p>21 NO SCHOOL THANKSGIVING BREAK</p>	<p>22 NO SCHOOL THANKSGIVING BREAK</p>	<p>23 NO SCHOOL THANKSGIVING BREAK</p>
<p>26 FAT FREE MILK Tasty Honey Beef dippers Oven baked fries Whole grain breadstick Baby carrots and dip Mixed fruit Salad bar</p>	<p>27 FAT FREE MILK Hotdog cook-out day Hotdog on a whole grain bun Fun sized chips Body building baked beans Chilled pears Salad bar</p>	<p>28 FAT FREE MILK Asian stir fry day New Orleans's style General Tso' spicy chicken Stir fry veggies Fluffy wild rice Fortune cookie Mandarin oranges</p>	<p>29 FAT FREE MILK PASTA BAR DAY Assorted whole grain pasta Served with meat sauce Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar</p>	<p>30 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad b</p>

News

Lunch prices 2017-18
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

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