

SEPTEMBER | 2020

LAWTON SCHOOLS WEEKLY VIRTUAL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Breakfast for the week #1 Gallon milk Whole grain apple muffin 2-days Sausage and cheese sandwich 3-days Fresh whole fruit 100% fruit juice Some items are heat and eat some items are ready to eat	1 Lunch for week #1 Gallon milk Heat and eat mac and cheese 2-days Smuckers PBJ 3-days Fresh bagged veggies Fresh bagged whole fruit Some items heat and eat Some items ready to eat	2 ITEMS LISTED AS WEEK #1 ALL 100% VIRTUAL STUDENT MEALS TO BE PICKED UP AT ELEMENTARY BUILDING BETWEEN 11-12 ON WEDNESDAYS ONLY	3 ITEMS LISTED AS WEEK #1	4 LABOR DAY BREAK NO SCHOOL USDA is an equal opportunity provider and employer
7 Breakfast for the week #2 Gallon milk Confetti Pancakes heat and eat 2-days Whole grain apple muffin 3-days Fresh whole fruit 100% fruit juice Some items are heat and eat Some items ready to eat	8 Lunch for the week #2 Gallon milk Individual wrapped pizza 2-days Ham and cheese slider 3-days Fresh bagged veggies Fresh bagged whole fruit Some items are heat and eat Some items ready to eat	9 ITEMS LISTED AS WEEK #2 ALL 100% VIRTUAL STUDENT MEALS TO BE PICKED UP AT ELEMENTARY BUILDING BETWEEN 11-12 ON WEDNESDAYS ONLY	10 ITEMS LISTED AS WEEK #2	11 ITEMS LISTED AS WEEK #2
14 Breakfast for the week #3 Gallon milk Egg/cheese on an english muffin 3-days Confetti Pancakes heat and eat 2-days Fresh whole fruit 100% fruit juice	15 Lunch for week #3 Gallon milk Turkey and cheese lunchable 2-days Smucker's PBJ 2-days Individual wrapped pizza 1-day Fresh bagged veggies Fresh bagged whole fruit Some items are heat and eat Some items ready to eat	16 ITEMS LISTED AS WEEK #3 ALL 100% VIRTUAL STUDENT MEALS TO BE PICKED UP AT ELEMENTARY BUILDING BETWEEN 11-12 ON WEDNESDAYS ONLY	17 ITEMS LISTED AS WEEK #3	18 ITEMS LISTED AS WEEK #3
21 Breakfast for the week #4 Gallon milk Whole grain apple muffin 2-days Sausage and cheese sandwich 3-days Fresh whole fruit 100% fruit juice Some items are heat and eat some items are ready to eat	22 Lunch for week #4 Gallon milk Heat and eat mac and cheese 2-days Smuckers PBJ 3-days Fresh bagged veggies Fresh bagged whole fruit Some items heat and eat Some items ready to eat	23 ITEMS LISTED AS WEEK #4 ALL 100% VIRTUAL STUDENT MEALS TO BE PICKED UP AT ELEMENTARY BUILDING BETWEEN 11-12 ON WEDNESDAYS ONLY	24 ITEMS LISTED AS WEEK #4	25 ITEMS LISTED AS WEEK #4
28 Breakfast for the week #5 Gallon milk Confetti Pancakes heat and eat 2-days Whole grain apple muffin 3-days Fresh whole fruit 100% fruit juice Some items are heat and eat Some items ready to eat	29 Lunch for the week #5 Gallon milk Individual wrapped pizza 2-days Ham and cheese slider 3-days Fresh bagged veggies Fresh bagged whole fruit Some items are heat and eat Some items ready to eat	30 ITEMS LISTED AS WEEK #5 ALL 100% VIRTUAL STUDENT MEALS TO BE PICKED UP AT ELEMENTARY BUILDING BETWEEN 11-12 ON WEDNESDAYS ONLY	1 ITEMS LISTED AS WEEK #5	2 ITEMS LISTED AS WEEK #5

News

WELCOME BACK 2020-2021

THIS IS THE Lawton Community Schools 100% Virtual Student's Weekly Menu. This Menu will be available for Pickup on WEDNESDAY from 11-12 at our ELEMENTARY building.

This will be our virtual student's BREAKFAST AND LUNCH MEALS for the entire week. 5-breakfast and 5-lunches with all meal components and gallons of milk.

Lunch prices 2020-21
Breakfast \$2.50
Elementary \$2.85
Middle school \$3.25
High School \$3.25

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