

# FREE LUNCH & BREAKFAST

## FOR ALL LISD STUDENTS DURING THE 2021-2022 SY

LISD students will receive **free lunch and breakfast meals** during the 2021- 2022 school year with special funding authorized by the United States Department of Agriculture. For meals to be free for students, they must be compliant with USDA regulations. Second meals and a la carte items are available for purchase.

Research shows students learn better when they are well nourished. Healthy eating has been linked to higher grades, better memory, more alertness, faster information processing, and improved health leading to better school attendance.

We encourage our students to join us for well-balanced, free meals in one of our cafeterias every school day. Menus are available online at: <https://www.lacklandisd.net/departments/operations/child-nutrition-services>.



# LACKLAND

## Independent School District

### LUNCH MENU (K-12) AUGUST – SEPTEMBER

Monday 8/16	Tuesday 8/17	Wednesday 8/18	Thursday 8/19	Friday 8/20
<b>Popcorn Chicken Bowl</b> <b>Salisbury Steak</b> Mashed Potatoes Home-style Gravy Green Peas Hot Rolls Fresh Fruit/Chilled Fruit	<b>Stuffed Crust Pizza</b> <b>Chicken Nuggets</b> Fresh Baby Carrots w/Dip Normandy Blend Vegetables Fresh Fruit Chilled Fruit	<b>Homemade Lasagna</b> <b>Chicken Fajita Tacos</b> Pinto Beans Spanish Rice Blueberry Crisp Fresh Fruit	<b>Beef Nachos</b> <b>Chicken Eggrolls</b> Steamed Broccoli Seasoned Carrots Pasta Salad Fresh Fruit Chilled Fruit	<b>Hamburger/Cheeseburger</b> <b>Fish Nuggets w/Bread Stick</b> Potato Wedges Burger Salad Fresh Fruit Chilled Fruit
Monday 8/23	Tuesday 8/24	Wednesday 8/25	Thursday 8/26	Friday 8/27
<b>Seasoned Baked Chicken Mac &amp; Cheese</b> Herbed Carrots Garden Fresh Side Salad Texas Toast Fresh Fruit Chilled Fruit	<b>Cheese or Pepperoni Sloppy Joe</b> Black Beans Seasoned Corn Fresh Broccoli Dippers Fresh Fruit / Chilled Fruit	<b>Mini Corndogs</b> <b>Chili Mac</b> Seasoned Green Beans Ranch Style Beans Savory Corn Bread Chilled Fruit Fresh Fruit	<b>Chicken Parmesan</b> <b>Cheese Quesadilla</b> Herbed Spinach Carrots & Celery Sticks Fresh Fruit Chilled Fruit	<b>Breaded Chicken Burger</b> <b>Fish Sandwich</b> Burger Salad Crinkle Cut Fries Fresh Fruit Chilled Fruit
Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3
<b>Steak Fingers</b> <b>Chicken Tenders</b> Country Gravy Mashed Potatoes Seasoned Broccoli Hot Rolls Fresh Fruit/Chilled Fruit	<b>Stuffed Crust Pizza</b> <b>Chicken Alfredo with a Twist</b> Seasoned Carrots Green Beans Fresh Fruit/Chilled Fruit	<b>BBQ Pulled Pork Sandwich</b> <b>Chili Frito Pie</b> Seasoned Corn Pinto Beans Fresh Fruit Cinnamon Apples	<b>Tangerine Chicken</b> <b>Italian Meatball Sub</b> Normandy Blend Veggies Asian Rice Seasoned Spinach Fresh Fruit/Chilled Fruit	<b>Hamburger / Cheeseburger</b> <b>Hot Dogs</b> Sweet Potato Fries Baked Beans Burger Salad Fresh Fruit/Chilled Fruit
Monday 9/6	Tuesday 9/7	Wednesday 9/8	Thursday 9/9	Friday 9/10
<b>Popcorn Chicken Bowl</b> <b>Salisbury Steak</b> Mashed Potatoes Home-style Gravy Green Peas Hot Rolls Fresh Fruit/Chilled Fruit	<b>Stuffed Crust Pizza</b> <b>Chicken Nuggets</b> Fresh Baby Carrots w/Dip Normandy Blend Vegetables Fresh Fruit Chilled Fruit	<b>Homemade Lasagna</b> <b>Chicken Fajita Tacos</b> Pinto Beans Spanish Rice Blueberry Crisp Fresh Fruit	<b>Beef Nachos</b> <b>Chicken Eggrolls</b> Steamed Broccoli Seasoned Carrots Pasta Salad Fresh Fruit Chilled Fruit	<b>Hamburger/Cheeseburger</b> <b>Fish Nuggets w/Bread Stick</b> Potato Wedges Burger Salad Fresh Fruit Chilled Fruit

### CHILD NUTRITION NEWS

- Yogurt Tray Offered Daily.
- Menu items subject to change based on availability
- Fat-free, 1% plain milk or lactose free milk offered daily.
- Variety of fresh fruits and vegetables offered daily.
- Menu subject to change based on availability

**Even though all students are eligible for FREE meals this school year, Lackland ISD will be accepting free and reduced applications.** Families are encouraged to complete an application since it will benefit the school and qualify eligible students for potential P-EBT benefits and free meals during next year's 30-day carry over period. The information collected from the Free and Reduced Program is used to establish other federal funding rates such as the E-Rate program used for technology.

Applications will be provided at the start of the school year and will be available at the front office or the cafeteria throughout the school year. For additional information on free and reduced applications please visit the child nutrition information page at: <https://www.lacklandisd.net/departments/operations/child-nutrition-services>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

**This institution is an equal opportunity provider.**