

# LWSD Middle School Lunch Menu

Sept 1 - 3



## FRUIT AND VEGETABLES OFFERED DAILY WITH LUNCH CHOICES

Fruits, Vegetables & Low Fat or Fat Free Milk included with all meals.

### Daily Options

*Chicken Caesar Salad and Caesar Salad  
with Rolls*



|                  |                             |
|------------------|-----------------------------|
| <b>MONDAY</b>    | No School                   |
| <b>TUESDAY</b>   | No School                   |
| <b>WEDNESDAY</b> | Turkey Ham Sub Sandwich     |
| <b>THURSDAY</b>  | Italian Sub Sandwich (pork) |
| <b>FRIDAY</b>    | Chicken Bacon Ranch Wrap    |

### 3 Options Served Daily

*with French Fries or Tater Tots*

*Cheeseburger, Hamburger, Chicken Burger,  
Spicy Chicken Burger or Veggie Burger*



|                  |                           |
|------------------|---------------------------|
| <b>MONDAY</b>    | No School                 |
| <b>TUESDAY</b>   | No School                 |
| <b>WEDNESDAY</b> | Grilled Cheese            |
| <b>THURSDAY</b>  | Hot Dog                   |
| <b>FRIDAY</b>    | Chicken Nuggets with Roll |

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|                  |                                  |
|------------------|----------------------------------|
| <b>MONDAY</b>    | No School                        |
| <b>TUESDAY</b>   | No School                        |
| <b>WEDNESDAY</b> | Pepperoni (Pork) or Cheese Pizza |
| <b>THURSDAY</b>  | Pepperoni (Pork) or Cheese Pizza |
| <b>FRIDAY</b>    | Pepperoni (Pork) or Cheese Pizza |



### This Week's Feature:

MONDAY - No School  
TUESDAY - No School  
WEDNESDAY - Chicken Corndog with Fries  
THURSDAY - Pulled Pork Sandwich with Baked Beans  
FRIDAY - Fish & Chips