## LWSD Middle School **Lunch Menu**

Jan 31 - Feb 4

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

**Daily Options** 

Chicken Caesar Salad

Traditional Caesar Salad

With Whole Grain Roll

**BBQ** Chicken Sub

American Sandwich

**BBQ** Chicken Pizza

Buffalo Chicken Pizza

Supreme Pizza

Hawaiian Pizza

WEDNESDAY Sausage Pizza

**Every Day Specials** 

Cheese Pizza Pepperoni Pizza

Turkey Sub

Italian Sub

MONDAY

TUESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

THURSDAY

FRIDAY

WEDNESDAY Ham Sub



## **FRUIT AND VEGETABLE OFFERED DAILY WITH** LUNCH CHOICES

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

AKES	Three options served daily with French Fries or Tater Tots		
		Cheeseburger, Hamburger, Chicken Burger, Spicy Chicken Burger or Veggie Burger	
	MONDAY	Bacon Cheeseburger	
	TUESDAY	Corn Dog	
	WEDNESDAY	Grilled Cheese Sandwig	

bg WEDNESDAY Grilled Cheese Sandwich TH w/ WG Roll FR



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RIDAY	Chicken Nuggets
IURSDAY	Hot Dog

ek's Feature:

MONDAY: Bean & Cheese Burrito **TUESDAY: Pancakes & Sausage** WEDNESDAY: BBQ Chicken Sandwich **THURSDAY: Baked Penne Pasta** FRIDAY: Fish Po Boy Sub



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To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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Menu items subject to change based on availability