

# LWSD Middle School Lunch Menu

January 23rd - 27th

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



## FRUIT AND VEGETABLE OFFERED DAILY WITH LUNCH CHOICES

Fruits, Vegetables & Low fat or Fat Free Milk  
are available to select with all meals

Orange Sections, Apples, Bananas

Carrots, Celery Sticks, Corn, Broccoli, Legumes

## Daily Salads, Sandwiches & Parfaits

*Our Entree Salad Menu May Still Be Offline As  
Fresh Field Greens Are Short On Supply*

*Assorted hand made Specialty Wraps offered daily  
may NOT include any Greens*



### Sub & Sandwich

### Yogurt & Granola Parfaits

<b>MONDAY</b>	Turkey Ham & Cheese	Strawberry Parfait
<b>TUESDAY</b>	BBQ Chicken Sub	Blueberry Parfait
<b>WEDNESDAY</b>	Ham & Cheese Sub	Strawberry/Banana
<b>THURSDAY</b>	Italian Sub	Double Berry Parfait
<b>FRIDAY</b>	American Sandwich	Peach Parfait

## Three of these five options served daily w/French Fries or Tator Tots

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



<b>MONDAY</b>	BBQ Pork Riblet
<b>TUESDAY</b>	Chicken Corn Dog
<b>WEDNESDAY</b>	Grilled Cheese Sandwich
<b>THURSDAY</b>	Turkey Hot Dog
<b>FRIDAY</b>	Chicken Nuggets w/ WG Roll

## PIZZA Specials Served Every Day!

*Cheese or Vegetarian Pizza, Pepperoni  
Pizza, and the Specialty Pizza listed below*

<b>MONDAY:</b>	BBQ Chicken Pizza
<b>TUESDAY:</b>	Supreme Pizza
<b>WEDNESDAY:</b>	Sausage Pizza
<b>THURSDAY:</b>	Buffalo Chicken
<b>FRIDAY:</b>	Pizza Hawaiian Pizza



Revolving Specials & Global Theme Days  
to Build Your Own favorites with assorted  
toppings & sauces from around the world!

### Daily Specials

### Global Theme Day

<b>MONDAY:</b>	Cheese Lasagna w/Roll	<b>Chopsticks-</b> Rice, Yakisoba
<b>TUESDAY:</b>	Pancakes & Sausage	<b>Fiesta-</b> Nachos, Tacos
<b>WEDNESDAY:</b>	BBQ Chicken Sandwich	<b>Chopsticks-</b> Rice, Yakisoba
<b>THURSDAY:</b>	Baked Penne w/Roll	<b>Fiesta-</b> Nachos, Tacos
<b>FRIDAY:</b>	Fishstick Po' Boy	<b>Noodles-</b> Mac, Penne, Spaghetti

Menu items are subject to changed based on supply chain product availability

This institution is an equal opportunity employer



*\* Great Part & Full  
Time Opportunities*

*\* Extra time with your  
kids--work during  
school hours*

*\* Share all holidays,  
breaks, nights &  
weekends*



*\* Help feed our youth--  
give back to your  
community*

*\* No experience  
needed Training  
provided*

*\* Medical, Dental &  
Vision Benefits are  
available*



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720-6382 (TTY). USDA is an equal  
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Nutrition Information is available upon request.

