

LWSD Middle School Lunch Menu

Jan 30th - Feb 3rd

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

MONDAY	Turkey Ham & Cheese	Strawberry Parfait
TUESDAY	BBQ Chicken Sub	Blueberry Parfait
WEDNESDAY	Ham & Cheese Sub	Strawberry/Banana
THURSDAY	Italian Sub	Double Berry Parfait
FRIDAY	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*



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

PIZZA Specials Served Every Day!

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

MONDAY:	BBQ Chicken Pizza
TUESDAY:	Supreme Pizza
WEDNESDAY:	Sausage Pizza
THURSDAY:	Buffalo Chicken
FRIDAY:	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

MONDAY	Stuffed Breadsticks	<u>Chopsticks</u> - Rice,Yakisoba
TUESDAY	Bean & Cheese Burrito	<u>Fiesta</u> - Nachos,Tacos
WEDNESDAY	Orange Chicken w/Rice	<u>Chopsticks</u> - Rice,Yakisoba
THURSDAY	Macaroni & Cheese	<u>Fiesta</u> - Nachos,Tacos
FRIDAY	Cheese Omelet	<u>Noodles</u> - 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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Compliance, 1400 Independence Ave-
nue, SW, Washington, DC 20250-9410
or call (800) 795-3272 (voice) or (202)
720-6382 (TTY). USDA is an equal
opportunity provider and employer.

Nutrition Information is available upon request.