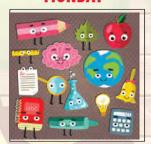


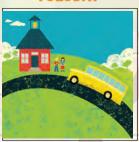
Elementary Menu @ LWSD



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



1% Lowfat White Milk ONLY offered with Breakfast

1% Lowfat White Milk or Non-Fat Chocolate Milk are offered with Lunch. 100% Fruit Juice available on Tuesdays & Thursdays Only



BREAKFAST

Strawberry Yogurt w/Grahams(v) Cereal Bowl or Bar

> LUNCH **Pre Order Sack Lunches** On Line

BREAKFAST

Oatmeal ChocChip Round(v) Cereal Bowl or Bar(v)

LUNCH Pre Order Sack Lunches On

BREAKFAST

WG Blueberry Bagel w/CC(v) Cereal Bowl or Bar(v)

LUNCH

Pre Order Sack Lunches On

BREAKFAST

Mini Cinnis(v) Cereal Bowl or Bar(v)

LUNCH

Chicken & Waffles Crispy Chicken Wrap Grilled Cheese Sandwich(v)



(v) = Meatless Option

12

19

WG = Whole Grain

13

6

BREAKFAST

Pancake & Sausage Stick Cereal Bowl or Bar(v)

LUNCH

Chicken Breast Parmesan Pasta Cheese Lasagna w/Roll(v) Teriyaki Chicken Over Rice Turkey & Cheese Sandwich

Pepperoni Pizza Box (COLD)

Apple Frudel(v) Cereal Bowl or Bar(v)

LUNCH

BREAKFAST

Pancakes & Turkey Sausage Chicken Burger Chef Salad w/Rolls Fruit & Yo' To Go Box(v)

BREAKFAST Mini Maple Waffles(v) Cereal Bowl or Bar(v)

LUNCH

Bean & Cheese Nachos(v) BBQ Chicken Sandwich Buffalo Chicken Wrap Italian Sub Sandwich

BREAKFAST Mini Blueberry Pancakes(v) Cereal Bowl or Bar(v)

LUNCH

Baked Macaroni Pasta(v) Chicken Nuggets w/Roll American Sandwich Double Berry Parfait(v)

15

8

BREAKFAST

Cinnamon Breakfast Round(v) Cereal Bowl or Bar(v)

LUNCH

Fish Stick Po' Boy Sub Poppin' Chicken Salad w/Roll Sandwich of the Day(v)

Cheese(v) and Pepperoni Pizza Offered DAILY- National Pepperoni Day on Wednesday, Sept. 20th

BREAKFAST

Breakfast Sausage Pizza Cereal Bowl or Bar(v)

LUNCH

Mozzarella Stuffed Breadsticks w/ Spaghetti Sauce(v) **BBQ Pork Riblet** (Turkey) Ham & Cheese Fruit & Yo' To Go Box(v)

BREAKFAST

Creamy Strawberry Yogurt w/Grahams(v) Cereal Bowl or Bar(v)

LUNCH

Ravioli Cheese Square w/Roll(v) Beef & Vegetarian(v) Burgers Deli Stackables Box

BREAKFAST

Oatmeal ChocChip Round(v) Cereal Bowl or Bar(v)

LUNCH

Orange Chicken over Brown Rice WG Chicken Corn Dog Turkey Taco Fiesta Salad Sandwich of the Day(v)

BREAKFAST

Fruit Muffin w/Toast(v) Cereal Bowl or Bar(v)

LUNCH

WG Macaroni & Cheese(v) WG Chicken Burger Garden Salad w/Rolls Just Peachy Parfait(v)

14

BREAKFAST

WG Bagel w/CC(v) Cereal Bowl or Bar(v)

LUNCH

Cheddar Cheese Omelet w/Pinwheel(v) WG Chicken Corn Dog Turkey & Cheese Sandwich

25

We Serve Reduced Sugar Cereals

BREAKFAST

Eggo Waffles(v) Cereal Bowl or Bar(v)

LUNCH

Chicken Breast Parmesan Pasta Chicken Nuggets w/Roll Meatball Marinara Sub Chef Salad w/Rolls Hummus Snack Pack(v)

BREAKFAST

Oatmeal ChocChip Round(v) Cereal Bowl or Bar(v)

LUNCH

French Toast Sticks w/Turkey Sausage Turkey Soft Taco Italian Sub Sandwich Strawberry Fields Parfait(v)

BREAKFAST

Creamy Strawberry Yogurt w/Grahams(v) Cereal Bowl or Bar(v)

LUNCH

Sweet & Sour Chicken w/ Brown Rice Turkey Hot Dog Chef Salad w/Rolls Sandwich of the Day(v)

28

BREAKFAST Mini Maple Waffles(v) Cereal Bowl or Bar(v) LUNCH

Turkey Taco Nachos Mozzarella Stuffed Breadsticks w/Spaghetti Sauce(v) Crispy Chicken Wrap Pinwheel Party Box

BREAKFAST Fruit Muffin w/Toast(v) Cereal Bowl or Bar(v)

29

LUNCH

Beef Sloppy Joe Chicken Caesar Salad w/Rolls American Sandwich

Menu Subject To Change Without Notice

This institution is an equal opportunity provider.