

AUGUST | 2023

LAKWOOD LOCAL SCHOOLS HIGH SCHOOL AND MIDDLE SCHOOL

Chef Salad is offered daily as a 3rd choice



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4 Carroteenies will be offered as a 2 nd vegetable choice daily
7	8 WELCOME	9 BACK	10 LANCERS!!	11
14	15	16	17	18
21 STAFF IN-SERVICE	22 STAFF IN-SERVICE	23 STAFF IN-SERVICE	24 #1 Pizza #2 P.B. and Jelly Pocket Steamed California Blend Fruit Milk	25 #1 Cheeseburger #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk
28 #1 Chicken Patty Sandwich #2 P.B. and Jelly Pocket Broccoli w/ Cheese Fruit Milk	29 #1 Walking Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk	30 #1 Pizza #2 P.B. and Jelly Pocket Sliced Cucumbers w/ Ranch Fruit Milk	31 #1 Turkey Sub #2 P.B. and Jelly Pocket Carroteenies Fruit Milk	#1 Bosco Stix w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk

MEAL PRICES

Student Lunch

Full pay-\$3.00

Adult Lunch-\$4.00

Student Full pay

Breakfast- \$1.50

Adult Breakfast-\$2.00

Extra Milk-\$.50

BREAKFAST MENU

DAILY CHOICES MAY

INCLUDE:

Eggo Pancakes/Waffles
Tony's Breakfast Pizza
Egg and Cheese Omelet/Toast
Assorted Kellogg Cereals
Whole Grain Pastries
Whole Grain Pop Tarts
Cereal Bars
Warm Breakfast Sandwiches
Cheese Stick
Yogurt Cup
Cocoa bar
Texas Toast

Fruit, Milk and Juice are offered with all breakfast entrees.

Students who eat breakfast are more likely to maintain a healthy weight and are able to concentrate better in class. Feed your body the right fuel to perform your best!!

**ALL GRAINS SERVED ARE
MADE FROM WHOLE
GRAINS**