

High School Lunch Menu @ LWSD

Sept 4th - 8th

Offer May Vary Based on School Site



DAILY SPECIALS- ALL PIZZAS ARE MADE WITH WHOLE GRAIN DOUGH

Mozzarella Stuffed Breadsticks w/Spaghetti Sauce(v) | Pepperoni Pizza | Cheese Pizza(v)

M: NO SCHOOL

T: Buffalo Chicken Pizza

W: Supreme Pizza

TH: Hawaiian Pizza

F: Meatlover's Pizza



DAILY SPECIALS

Vegetarian Burger(v), **WG** Crispy Chicken, **WG** Spicy Chicken, Hamburger, Cheeseburger

M: NO SCHOOL

T: Turkey Hot Dog

W: BBQ Pulled Pork Sandwich

TH: Roasted Mushroom Swiss Hamurger

F: WG Fishstick Po' Boy Sub



DAILY SPECIALS

NEW! Fiesta Dip Box(v) | Hummus & Flatbread Box(v) | Protein PowerUp Box | Deli Bento Box w/Flatbread



T: Strawberry Banana Parfait(v) | Hearty Garden Veg Salad | American Sub | Chicken Caesar Wrap

W: Hummus & Flatbread Box(v) | Crispy WG Chicken Salad | Italian Sub | Buffalo WG Chicken Wrap

TH: Protein PowerUp Box | Chicken Caesar Salad | Turkey & Cheese Sub | Crispy WG Chicken Wrap

F: Deli Bento | Garden Fiesta Salad(v) | Turkey Ham & Cheese Sandwich | Chicken Caesar Wrap



DAILY SPECIALS

One Weekly Food Theme with Plenty of Options for a Different Meal Every Day!



- M: NO SCHOOL
- T: BBQ WG Nachos: Mild or Spicy Cheese(v) | Pulled Pork | Turkey Thigh with Vegetarian Baked Beans,
- W: Pulled BBQ Meat Sandwich: Pulled Pork | Turkey Thigh with Vegetarian Baked Beans and Carolina Slaw.
- **TH:** BBQ WG Nachos: Mild or Spicy Cheese(v) | Pulled Pork | Turkey Thigh with Vegetarian Baked Beans,
- F: Pulled BBQ Meat Sandwich: Pulled Pork | Turkey Thigh with Vegetarian Baked Beans and Carolina Slaw.



DAILY SPECIALS

Build Your Own Whole Grain NACHOS with Choice of Black Beans or Greens, Jalapeno Peppers & Salsa Roja



1:	Refried Beans(v)	Mild or Spicy Cheese(v)	Pork Carnitas	Southwest Chicken	Taco Beef	Taco Turkey
W:	Refried Beans(v)	Mild or Spicy Cheese(v)	Pork Carnitas	Southwest Chicken	Taco Beef	Taco Turkey
TH:	Refried Beans(v)	Mild or Spicy Cheese(v)	Pork Carnitas	Southwest Chicken	Taco Beef	Taco Turkey

Refried Beans(v) | Mild or Spicy Cheese(v) | Pork Carnitas | Southwest Chicken | Taco Beef | Taco Turkey



A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.



This institution is an equal opportunity provider. Additional nutrition information available upon request.

SEPTEMBER
IS NATIONAL
WHOLE GRAINS
MONTH
This menth, try and
add more servings of
whole grains to your
diet. Whole grains to
benefit your heart,
digestive health and
more!