

High School Lunch Menu @ LWSD Sept 11th - 15th

Offer May Vary Based on School Site



DAILY SPECIALS- ALL PIZZAS ARE MADE WITH WHOLE GRAIN DOUGH

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

M: Sausage Pizza

T: Buffalo Chicken Pizza

W: Supreme Pizza

TH: Hawaiian Pizza

F: Meatlover's Pizza



DAILY SPECIALS

Veggie Burger(v), WG Crispy Chicken, WG Spicy Chicken, Hamburger, Cheeseburger

M: Grilled Cheese Sandwich(v)

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



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



SPICE

DAILY SPECIALS

M: Big City Bites- Featuring Boston's Chicken Breast Parmesan Pasta

Choose From Fried Rice, Lo Mein Noodle, or Steamed Rice- MIX IT UP & MAKE IT YOUR OWN!



T: Baked Tofu(v) | Chicken Strips | WG Crispy Chicken | All with Roasted Sesame Carrots & Roasted Broccoli and Choice of Sauce

W: Baked Tofu(v) | Chicken Strips | WG Crispy Chicken | All with Roasted Sesame Carrots & Roasted Broccoli and Choice of Sauce

H: Baked Tofu(v) | Chicken Strips | WG Crispy Chicken | All with Roasted Sesame Carrots & Roasted Broccoli and Choice of Sauce

F: Baked Tofu(v) | Chicken Strips | WG Crispy Chicken | All with Roasted Sesame Carrots & Roasted Broccoli and Choice of Sauce



DAILY SPECIALS

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

M:	Refried Beans(v) Mild or Spicy Cheese(v) Pork Carnitas Southwest Chicken Taco Beef Taco Turkey
T:	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
F:	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.

