

# High School Lunch Menu @ LWSD Week of Oct 16th - 20th



## **GRILL**

#### **EVERYDAY SELECTIONS**

Vegetarian Burger, Regular & Spicy Chicken Burger, Hamburger & Cheeseburger



**M:** Grilled Cheese Sandwich(v)

**T:** Turkey Hot Dog

**V:** BBQ Pulled Pork Sandwich

Th: Roasted Mushroom Swiss Burger

F: Fishstick Po' Boy

TOPPINGS: Lettuce Mix, Tomato, Red Onion, Jalapeno and Dill Pickle



Vegetarian Rainbow Chili From Scratch Offered Daily

## PIZZA

#### **EVERYDAY SELECTIONS**

Cheese Stuffed Breadsticks with Spaghetti Sauce(v) Cheese Pizza, Pepperoni Pizza

**M:** Vegetarian Pizza(v)

T: Buffalo Chicken

W: Supreme Pizza

Th: Hawaiian Pizza

**F:** Meatlovers Pizza

## **FAST TAKES**

#### **DAILY SPECIALS**

M: Fiesta Dip Box(v)

Turkey & Cheese Sub

T: Strawberry Banana Parfait(v)

American Sub

W: Hummus Box w/Flatbread(v)

Italian Sub

Th: Protein Power Up Box

Turkey & Cheese Sub

F: NO SCHOOL

Chef Salad

Crispy Chicken Wrap

Hearty Garden Veg Salad(v)

Chicken Caesar Wrap

Crispy Chicken Salad

Buffalo Chicken Wrap

Chicken Caesar Salad

Crispy Chicken Wrap



# **MEXICO**

#### **EVERYDAY SELECTIONS**

Nachos with a Variety of Fillings, Toppings, & Sides.





Eating locally grown fruits and vegetables allows us to eat what is in season when it's the freshest and testiest.







**ENDLESS SPICE-ABILITIES** 



**EXTRAS** 



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.