

High School Lunch Menu @ LWSD

Week of Oct 23rd - 27th



GRILL

EVERYDAY SELECTIONS

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



- Grilled Cheese Sandwich(v) Turkey Hot Dog
- T: Turkey Hot DogW: BBQ Pulled Pork Sandwich
- **Th:** Roasted Mushroom Swiss Burger
- F: Fishstick Po' Boy

M:

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

W:

M: Fiesta Dip Box(v) Turkey & Cheese Sub Chef Salad Crispy Chicken Wrap

- T: Strawberry Banana Parfait(v) American Sub
 - Hummus Box w/Flatbread(v) Cri Italian Sub Bu
- Th: Protein Power Up Box Turkey & Cheese Sub
- F: Deli Bento Box w/Flatbread (Turkey) Ham & Cheese Sub

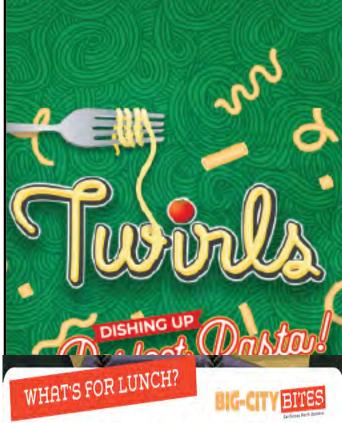


Crispy Chicken Salad Buffalo Chicken Wrap

Chicken Caesar Salad Crispy Chicken Wrap

Garden Fiesta Salad(v) Chicken Caesar Wrap





CHICKEN TERIYAKI RICE BOWL

This chicken teriyaki rice bowl features juicy chicken strips coated in a flavorful, sweet, savory teriyaki glaze, served on a bed of steamed brown rice. To add some greens and crunch to the bowl, it's also topped with roasted broccoli and garnished with sliced green onions, adding a zesty flavor that will brighten even the rainiest Seattle day.

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.

October is National Farm to School Month.

Eating food from local farms can provide you with numerous benefits, including access to fresh and nutritious produce, support for local economies and farmers and an increased appreciation for where your food comes from.

MEXICO

EVERYDAY SELECTIONS

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



