

### High School Lunch Menu @ LWSD

December 4th - 8th

Offer May Vary Based on School
Site



#### **DAILY SPECIALS**

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

M: Sausage WG Pizza

T: Buffalo Chicken WG Pizza

W: Supreme WG Pizza

**IH:** Hawaiian WG Pizza

F: Meatlover's WG Pizza

# GRILL

#### **DAILY SPECIALS**

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

M: Grilled Cheese Sandwich(v)

T: Turkey Hot Dog

W: MEMPHIS Big City Bites! ELVIS MELT with Apple Slices

TH: Roasted Mushroom Swiss Burger

F: WG Fishstick Po' Boy Sub



#### DAILY SPECIALS

In a Hurry? Grab a Fast Takes Box- But Don't Forget to Stop By the Extras Bar for Fruits & Veggies!

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

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

H: Protein PowerUp Box | Regular(v) or Chicken Caesar Salad | Turkey & Cheese Sub | Crispy WG Chicken Wrap

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

## **ADVENTURE**



#### **DAILY SPECIALS**

Rainbow Vegetarian Chili(v) from Scratch!

M: NEW! Pho (FU as in FUN!) - Vegetarian Options Available

T: Mexican Tinga Chicken or Turkey Taco. Choose Tortilla or Lime Brown Rice

W: Bean & Cheese Enchilada or Enchilada Suiza with Lime Brown Rice

Pinto Beans(v), Turkey Pavo Al Pastor, or Pulled Pork with WW Tortillas

F: Hard(3) or Soft Tacos(2): Mexican Tinga Chicken or Turkey Taco Filling

# MEXICO

#### DAILY SPECIALS

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

M:	Whole Pintos(v)   Mild or Spicy Cheese(v)   Pork Carnitas   Southwest Chicken	Taco Beef   Taco Turkey
T:	Whole Pintos(v)   Mild or Spicy Cheese(v)   Pork Carnitas   Southwest Chicken	Taco Beef   Taco Turkey
W:	Whole Pintos(v)   Mild or Spicy Cheese(v)   Pork Carnitas   Southwest Chicken	Taco Beef   Taco Turkey
TH:	Whole Pintos(v)   Mild or Spicy Cheese(v)   Pork Carnitas   Southwest Chicken	Taco Beef   Taco Turkey
F:	Whole Pintos(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.