

High School Lunch Menu @ LWSD



DAILY SPECIALS

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

- **BBQ** Chicken WG Pizza M:
- T: Buffalo Chicken WG Pizza
- W: Chicken Bacon Ranch WG Pizza
- TH: Beef Taco WG Pizza
- F: Meatlover's WG Pizza



DAILY SPECIALS

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

- M: Jersey Shore Grilled Cheese(v)
- T: Chicken Parmesan Burger
- W: Big City Bites- Charelston BBQ Pulled Pork Sandwich
- TH: Pizza Burger
- F: WG Fishstick Po' Boy Sub(v)





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(v) | American Sub | Chicken Caesar Wrap
- Hummus & Flatbread Box(v) | Crispy WG Chicken Salad | Italian Sub | Buffalo WG Chicken Wrap W:
- Protein PowerUp Box | Caesar Salad Reg(v) or Chicken | Turkey & Cheese Sub | Crispy WG Chicken Wrap TH:
 - Deli Bento | Garden Fiesta Salad(v) | Turkey Ham & Cheese Sandwich | Chicken Caesar Wrap F:



DAILY SPECIALS

Rainbow Vegetarian Chili(v) from Scratch!

- M: ROCKIN' RAMEN- Yakisoba Noodles in Broth with Choice of Meat or Vegetarian Protein & Condiments
- T: TATERS- Potatoes Your Way with Choice of Protein Including (v), Toppings, and WG Breadsticks
- W: ROCKIN' RAMEN- Yakisoba Noodles in Broth with Choice of Meat or Vegetarian Protein & Condiments
- TH: TATERS- Potatoes Your Way with Choice of Protein Including (v), Toppings, and WG Breadsticks
- F: ROCKIN' RAMEN- Yakisoba Noodles in Broth with Choice of Meat or Vegetarian Protein & Condiments



DAILY SPECIALS

Featuring a Daily House Made Salsa with a Variety Of Mexican Cuisines

- M: NACHOS: WG Tortilla Chips Topped with Choice of Meat or Whole Pinto Beans(v) and Toppings CORN SALSA ROASTED PINEAPPLE SALSA
- T: TAQUERIA: WG Tortilla & Cilantro Brown Rice, Choice of Meat Protein, Sides, & Toppings
- W: BURRITOS: Built with Choice of Meat or Whole Pinto Beans(v) and Your Choice of Fillings & Toppings FIRE ROASTED SALSA
- TH: NACHOS: WG Tortilla Chips Topped with Choice of Meat or Whole Pinto Beans(v) and Toppings
- F: TAQUERIA: Soft or Hard Shell WG Tacos with Choice of Meat Protein, Sides, & Toppings

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.

SALSA ROJA

HONEY LIME PEACH SALSA