

## High School Lunch Menu @ LWSD3 April 15th - 19th

Offer May Vary Based on School



#### **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

TH: Hawaiian WG Pizza

Meatlover's WG Pizza

# **GRILL**

#### **DAILY SPECIALS**

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

M: Grilled Cheese Sandwich(v)

T: Turkey Hot Dog

W: BCB- Louisianna Chicken Nugget Po' Boy Sub

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: Blueberry Patch Parfait w/String Cheese(v) | Hearty Garden Veg Salad(v) | American Sub | Chicken Caesar Wrap

W: Hummus & Flatbread Box(v) | Crispy WG Chicken Salad | Italian Sub | Buffalo WG Chicken Wrap

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

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

### **DAILY SPECIALS**

Rainbow Vegetarian Chili(v) from Scratch!



- M: Indian Cuisine- Butter Chicken or Butter Tofu(v) with WG Brown Rice and Roasted Cauliflower
- T: TWIRLS- WG Garlic Breadsticks(v) w/Choice of Dip: Bruschetti Alfredo(v), Spinach(v) or Spicy Italian Sausage
- W: Indian Cuisine- Chicken Tikka or Chana Masala(v) with WG Brown Rice and Roasted Cauliflower
- TH: TWIRLS- WG Garlic Breadsticks(v) w/Choice of Dip: Bruschetti Alfredo(v), Spinach(v) or Spicy Italian Sausage
- Indian Cuisine- Tandoori Chicken or Lentil Dal(v) with WG Brown Rice and Roasted Cauliflower



#### **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

T: TAQUERIA: WG Tortilla & Cilantro Brown Rice, Choice of Meat Protein, Sides, & Toppings

PINEAPPLE SALSA W: BURRITOS: Built with Choice of Meat or Whole Pinto Beans(v), Choice of Fillings & Toppings FIRE ROASTED SALSA

**CORN SALSA** 

SALSA ROJA

TH: NACHOS: WG Tortilla Chips Topped with Choice of Meat or Whole Pinto Beans(v) & Toppings

F: TAQUERIA: Soft or Hard Shell WG Tacos, Choice of Meat Protein, Sides, & Toppings

HONEY LIME PEACH SALSA



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.