

MEMO

From: Shacana Watkins, Area General Manager (shacana.watkins@sodexo.com)
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To: L.T.H.S. North Campus Program Students

Date: 8/2024 – 6/2025

Subject: Meal Pattern – L.T.H.S. North Campus

BREAKFAST PROGRAM OPTIONS:

Select 1 Breakfast Entrée Choice:

Yogurt Parfait (L/F vanilla yogurt, fruit & nut free granola)
 Bacon, Sausage or Ham Egg Muffin Sandwich
 Assorted Donuts
 Grapes & Cheese Cup (seasonal)

Assorted 4 oz Otis Spunkmeyer Muffins
 Variety of Cold Cereal
 Granola Bar & Apple
 Apples & Peanut Butter Cup

All new items added during the school year will be designated on the countertop menu signs “Available for Breakfast Program Students”.

Select 1 Milk Choice:

½ Pint of 1% White, Skim Chocolate or Skim White Milk

LUNCH PROGRAM OPTIONS:

Select 1 Lunch Entrée Choice:

Pizza, Cheese only
 *Beef Hot Dog

Beef Hamburger or Cheeseburger
 *Low Fat Fiesta Beef Nachos

*State Fair Corn Dog
 *BBQ Rib Sandwich

Pre-packaged Turkey, Ham or PBJ Sandwich on Bread (Does not include “Simply to Go” or Deli sandwiches)

Wholegrain Breaded Chicken Patty Sandwich

Yogurt Parfait (L/F vanilla yogurt, fruit & nut free granola)

(Items with asterisk (*) rotate on our monthly menu. Please see menu for availability.)

All new items added during the school year will be designated on the countertop menu signs “Available for Lunch Program Students”.

Select 1 Side Choice:

Pre-Pack Garden Side Salad (does not include side Caesar Salad)

Tropical, Peach, Pear or Mixed Fruit Cup

Applesauce Cup

Gelatin Cup

Fresh Whole Fruit

Select 1 Milk Choice:

½ Pint of 1% White, Skim Chocolate or Skim White Milk

All breakfast and lunch program students must swipe their ID cards. Once the card is read by the system, your account will automatically come up as a Breakfast / Lunch Program participant so your status will remain anonymous. Students on the program are allowed 1 free breakfast and 1 free lunch per day. **Please remember, you must take all your choices (entrée, side & milk) in one transaction as the system won’t allow multiple transactions.** At this time, we are not allowing for any substitutions to the items listed above. If you have special dietary needs, please contact South Campus Supervisor at tanesha.wesley@sodexo.com or by phone: 708-579-6329. Tanesha is available 7am to 3pm to address any questions or concerns you may have.

Note: We provide arrangements for dietary restrictions, however, medical documentation by a licensed physician must be provided to the Nurses’ Office. Please see your cafeteria manager.