

# OCTOBER | 2024



LAKWOOD LOCAL SCHOOLS HIGH SCHOOL AND MIDDLE SCHOOL

*Chef Salad is offered daily as a 3<sup>rd</sup> choice*

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>30</b> #1 Tossed Popcorn Chicken w/ Buffalo Sauce #2 P.B. and Jelly Pocket Celery w/ Ranch Fruit Milk</p>	<p><b>1</b> #1 Pancakes w/ Sausage Links #2 P.B. and Jelly Pocket Tater Tots Fruit Juice Milk</p>	<p><b>2</b> #1 Pizza #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk</p>	<p><b>3</b> #1 Sloppy Jo or Hot Dog #2 P.B. and Jelly Pocket Baked Beans Rice Krispie Treat Fruit Milk</p>	<p><b>4</b> #1 Pizza Sub #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>
<p><b>7</b> #1 Popcorn Chicken w/ Rice Bowl Dinner Roll #2 P.B. and Jelly Pocket Steamed California Blend Fruit Milk</p>	<p><b>8</b> #1 Soft Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk</p>	<p><b>9</b> #1 Pizza #2 P.B. and Jelly Pocket Cucumbers w/ Ranch Fruit Milk</p>	<p><b>10</b> Bosco Stix w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>	<p><b>11</b> #1 Mini Mac Burger #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>
<p><b>14</b> #1 Chicken Patty Sandwich #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>	<p><b>15</b> #1 Chicken Alfredo w/ Breadstick #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p><b>16</b> #1 Pizza #2 P.B. and Jelly Pocket Carroteenies w/ Ranch Fruit Ice Cream Milk</p>	<p><b>17</b> #1 Hot Italian Sub #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p><b>18</b> NO SCHOOL</p>
<p><b>21</b> NO SCHOOL</p>	<p><b>22</b> #1 Walking Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk</p>	<p><b>23</b> #1 Pizza #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk</p>	<p><b>24</b> #1 Baked Spaghetti w/ Breadstick #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p><b>25</b> #1 Cheeseburger #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>
<p><b>28</b> #1 Chicken Wrap #2 P.B. and Jelly Pocket Baked Beans Fruit Milk</p>	<p><b>29</b> Macaroni and Cheese w/ Dinner Roll #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p><b>30</b> #1 Pizza #2 P.B. and Jelly Pocket Cucumbers w/ Ranch Fruit Milk</p>	<p><b>31</b> #1 Shredded Chicken Sandwich #2 P.B. and Jelly Pocket Baked French Fries Fruit Halloween Cookie Milk</p>	<p><b>1</b> Bosco Stix w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>

**ALL STUDENT MEALS  
ARE FREE**  
**Adult Lunch-\$4.00**  
**Adult Breakfast-\$2.00**  
**Extra Milk-.50**

**BREAKFAST MENU**  
DAILY CHOICES MAY  
INCLUDE:  
Eggo Pancakes/Waffles  
Tony's Breakfast Pizza  
Egg and Cheese Omelet/Toast  
Assorted Kellogg Cereals  
Whole Grain Pastries  
Whole Grain Pop Tarts  
Cereal Bars  
Warm Breakfast Sandwiches  
Cheese Stick  
Yogurt Cup  
Cocoa bar  
Texas Toast

Fruit, Milk and Juice are  
offered with all breakfast  
entrees.

Students who eat breakfast are  
more likely to maintain a  
healthy weight and are able to  
concentrate better in class.  
Feed your body the right fuel  
to perform your best!!

ALL GRAINS SERVED ARE  
MADE FROM WHOLE  
GRAINS

Carroteenies offered daily as a  
second vegetable choice for  
lunch