

# LUNCH MENU

# L-S High School 9-12

Milk \$.60 Student Lunch \$3.25 Adult Lunch \$5.00

October 2024

 Apples help support healthy digestion, brain health and weight management.

Lunch includes one entrée, your choice of 2 vegetables and/or 2 fruits and choice of milk.

Monday, 9/30 	Tuesday, 10/1	Wednesday, 10/2 	Thursday, 10/3	Friday, 10/4	Daily:
Chicken Tenders w/ Dinner Roll Cinn Dusted Sweet Fries Broccoli Applesauce Asst Fruit/Milk <i>Alt: Cheesy Pull-Aparts</i>	Hot Dog on Roll w/o sauerkraut Smile Fries Pineapple Tidbits Asst Fruit/Milk <i>Alt: Grilled Roast Beef &amp; Cheddar</i>	Ham & Cheese/Pretzel Roll Peas Peach Cups Warm Apple Slices Chocolate Pudding Asst Fruit/Milk <i>Alt: Tortellini Alfredo</i>	Crunchy Taco Fiesta Rice & Beans Corn Fresh Berries Asst Fruit/Milk <i>Alt: Pork Carnitas</i>	Stromboli/Marinara Hummus w/celery Mixed Fruit Asst Fruit/Milk <i>Alt: Sausage Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery <b>A La Carte Items</b> Drinks/snacks/Ice cream
Monday, 10/7 	Tuesday, 10/8	Wednesday, 10/9	Thursday, 10/10 ED	Friday, 10/11	Daily:
Chicken Patty Sandwich Potato Wedges Creamy Cole Slaw Apple Slices Asst Fruit/Milk <i>Alt: Spicy Chicken Sandwich</i>	Creamy Mac & Cheese Green Beans Pretzel Stick Mandarin Oranges Asst fruit/Milk <i>Alt: Hot BBQ Chicken Wrap</i>	Cheese Quesadilla/Salsa Baked Potato Black Bean Salad Fresh Grapes Asst Fruit/Milk <i>Alt: Meatball Sub</i>	Tangerine Chicken Broccoli Fried Rice Fortune Cookie Tropical Fruit Asst Fruit/Milk <i>Alt: Asian Dumpling</i>	No School	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery <b>A La Carte Items</b> Drinks/snacks/Ice cream
Monday, 10/14	Tuesday, 10/15	Wednesday, 10/16	Thursday, 10/17	Friday, 10/18 	Daily:
 No School National School Lunch Week! Find your treasure! 	Walking Taco/Salsa Corn, Tomato Salad WG Churro Pineapple Tidbits Asst Fruit/Milk <i>Alt: Cannon Meatballs &amp; Spaghetti</i>	Sausage/French Toast Hash Brown Shark Jell-O or Sand Pudding Peach Cups Asst Fruit/Milk <i>Alt: Scrambled Eggs/French Toast</i>	Golden Nuggets w/ Roll Mash Potato Corn Applesauce Cup Asst Fruit/Milk <i>Alt: Hot Dog Pirate Ships</i>	Dominos' Pizza Romaine Tossed Salad Pirate Booty Mixed Fruit Apple Crisp Asst Fruit/Milk <i>Alt: Chicken Parm Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery <b>A La Carte Items</b> Drinks/snacks/Ice cream
Monday, 10/21 	Tuesday, 10/22	Wednesday, 10/23	Thursday, 10/24	Friday, 10/25	Daily:
Chicken Nuggets Glazed Carrots Buttery Noodles Apple Slices Asst Fruit/Milk <i>Alt: Sloppy Joe</i>	Grilled Cheese Tomato Soup WG Goldfish Mandarin Oranges Asst Fruit/Milk <i>Alt: Cheesesteak Sandwich</i>	Baked Ziti Garlic Knot Romaine Tossed Salad Fresh Grapes Asst Fruit/Milk <i>Alt: Shrimp Poppers</i>	Cheeseburger on Roll Curly Fries Baked Beans Tropical Fruit Asst Fruit/Milk <i>Alt: Grilled Rachel Sandwich</i>	Corn Dog Nuggets Onion Rings Mixed Veggies Mixed Fruit Vanilla Pudding Asst Fruit/Milk <i>Alt: Grilled Chicken w/ Cheese Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery <b>A La Carte Items</b> Drinks/snacks/Ice cream
Monday 10/28 	Tuesday 10/29	Wednesday 10/30 	Thursday 10/31 	Friday 11/1	Daily:
Chicken Tenders w/ Dinner Roll Cinn Dusted Sweet Fries Broccoli Applesauce Asst Fruit/Milk <i>Alt: Cheesy Pull-Aparts</i>	Crunchy Taco Fiesta Rice & Beans Corn Fresh Berries Asst Fruit/Milk <i>Alt: Grilled Roast Beef &amp; Cheddar</i>	Ham & Cheese/Pretzel Roll Peas Peach Cups Warm Apple Slices Asst Fruit/Milk <i>Alt: Tortellini Alfredo</i>	Monterey Chicken Sandwich Spooky Spuds Baked Beans Cinnamon Applesauce Halloween Jello Asst Fruit/Milk <i>Alt: Pork Carnitas</i>	Stromboli/Marinara Hummus w/celery Mixed Fruit Asst Fruit/Milk <i>Alt: Sausage Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery <b>A La Carte Items</b> Drinks/snacks/Ice cream