

LHS BREAKFAST & LUNCH MENU

AUGUST & SEPTEMBER 2020

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Aug 24, Sept 7, Sept 21	Biscuit WM29 & Sausage or Chocolate Mini Donuts WMES41 Fruit/Juice/Milk	Breakfast Pizza WMS18 or Powdered Mini Donuts WMES41 Fruit/Juice/Milk	Jalapeno & Cheese Kolache WMES 32 Fruit/Juice/Milk	Breakfast on a Croissant WMES26 Fruit/Juice/Milk	French Toast Sticks WMES57 w/syrup Fruit/Juice/Milk
WEEK 2 Aug 31, Sept 14, Sept 28	Honey Glazed Donut Holes WMES30 Fruit/Juice/Milk	Breakfast Pizza WMS18 Fruit/Juice/Milk	Eggs, Bacon, & Toast WES28 Fruit/Juice/Milk	Honey Wheat Breakfast Bar WMES39 or Grape Filled Croissant WM35 Fruit/Juice/Milk	Ham & Pepperjack Cheese Croissant WMES26 or Muffin WES31 & Yogurt M16 Fruit/Juice/Milk
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Aug 24, Sept 7, Sept 21	Spicy Chicken Sandwich WMS45 or Tornados WMS46 Fries 22 & Onion Rings WMS56 Fruit/Juice/Milk	Wild Mike's Cheesy Bites WMS42 w/marinara dip cup2 Or Bacon Cheeseburger WMS29 Maple Roasted Sweet Potatoes 24 Corn 19 Fruit/Juice/Milk	Chicken WM18 & Waffles WMES43 Or Chili Cheese Tots M32 w/cornbread muffin WMES37 Romaine Salad Fruit/Juice/Milk	Nachos MS37 or Popcorn Chicken WMS20 w/Roll WMS27 Ranchero Beans 22 Baby Carrots 8 w/ranch Fruit/Juice/Milk	Hot Wings 3 w/Roll WMS27 Fries 22 Carrot & Celery Sticks 4 w/ranch Fruit/Juice/Milk
WEEK 2 Aug 31, Sept 14, Sept 28	Boneless Wings WM15 w/Mac & Cheese WME15 or Chicken Sandwich WM45 Fries 22 & Onion Rings WMS56 Fruit/Juice/Milk	Frito Pie M45 or Crispitos W46 Ranchero Beans 22 Fries 22 Fruit/Juice/Milk	Nachos MS37 Romaine Salad Salsa 2 Fruit/Juice/Milk	Tornados WMS46 or Enchiladas M10 w/Tamale S12 Spanish Rice 26 Refried Beans 30 Chips 19 & Salsa 2 Fruit/Juice/Milk	Hot Wings 3 w/Roll WMS27 Fries 22 Carrot & Celery Sticks 4 w/ranch Fruit/Juice/Milk

Cereal and Pop Tarts will be offered daily for breakfast. Pizza and Deli Sandwiches will be offered daily for lunch.

This program is funded by USDA. This program is an equal opportunity provider.

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus

Grams of carbohydrate are listed as the number beside the allergens

Milk: white=12gms, choc=19gms, straw=18gms Juice: orange=13gms, apple=14gms, grape=19gms

Pizza Choices: Pepperoni **WMS34** Meat Lovers **WMS36** Four Cheese **WMS35** Wild Mike's Cheesy Bites **WMS42** Garlic French Bread Pizza **WMS29**

Deli Choices: Ham & Cheese Sub **WM29**, Bacon Club Sandwich **WM29**, Grilled Chicken Wrap **W49**, PB&J Uncrustable **WP64**