



LHS 25-26 MENU



ALL Meals are FREE for ALL Students!

Breakfast week 1: Aug 4, Aug 25, Sept 15, Oct 13, Nov 3, Dec 1, Jan 5, Jan 26, Feb 16, Mar 16, Apr 6, Apr 27, May 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit WMES23 & Sausage or Chocolate Mini Donuts WMES41 or Powdered Mini Donuts WMES41 Fruit, Juice, Milk	Breakfast Pizza WMS26 or Cinna-Minis cin-WM41 , caramel- WM35 Fruit, Juice, Milk	Jalapeno & Cheese Kolaches WMES32 or Coffee Cake Cin-WMES48 Mocha-WMES37 , Fruit, Juice, Milk	Breakfast on a Croissant WMES32 or Cinna-mon Toast Crunch Bar WM41 , Fruit, Juice, Milk	French Toast Sticks WMES76 or Chicken Biscuit WMES29 w/ honey, Fruit, Juice, Milk

Breakfast week 2: Aug 11, Sept 1, Sept 22, Oct 20, Nov 10, Dec 8, Jan 12, Feb 2 Feb 23, Mar 23, Apr 13, May 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuits & Gravy or Chocolate Mini Donuts WMES41 or Powdered Mini Donuts WMES41 , Fruit, Juice, Milk	Breakfast Pizza WMS26 or French Toast Sticks WMES76 , Fruit, Juice, Milk	Egg E , Bacon, & Toast WS28 or Cinnamon Roll WMES36 , Fruit, Juice, Milk	Pancake on a Stick WMES19 or Cowgirl Bread WME29 , Fruit, Juice, Milk	Cereal Topped Glazed Donut WMES30 or Muffin WES31 & Yogurt M16 , Fruit, Juice, Milk

Breakfast week 3: Aug 18, Sept 8, Sept 29, Oct 27, Nov 17, Dec 15, Jan 19, Feb 9, Mar 2, Mar 30, Apr 20, May 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit WMES22 & Sausage or Donut Holes: Honey Glazed WMES32 or Chocolate WMES58 Fruit, Juice, Milk	Breakfast Pizza WMS26 or Cinna-Minis cin-WM41 , caramel- WM35 , Fruit, Juice, Milk	Breakfast Casserole M9 or Chocolate Mini Donuts WMES41 or Powdered Mini Donuts WMES41 Fruit, Juice, Milk	Mini Pancakes WMES35 , or Yogurt Parfait M Fruit, Juice, Milk	French Toast Sticks WMES57 or Breakfast Tacos WMS34 Fruit, Juice, Milk

Variety of cereal, pop tarts, muffins, and pastries offered daily.

Daily Pizza and Deli Items on Main Lines

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza & Deli Choices Vary Daily	Ham & Cheese Sub WM29 , Verde Chicken Wrap W39 Pizza: Pepperoni WMS34 , Cheese WMS35 , Four Meat WMS36 , Buffalo WMS35 , Mexican Pizza WMS43	Chicken Pizza Wrap WM39 Pizza: Pepperoni, Cheese, Four Meat, Mexican Pizza	Grilled Chicken Wrap WM29 Pizza: Pepperoni, Cheese, Four Meat, Buffalo, Mexican Pizza	Parfait M92 or Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo, Mexican Pizza	Sandwich or Wrap (variety) Pizza: Pepperoni, Cheese, Four Meat, Buffalo, Mexican Pizza

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus, Sm-Sesame Grams of carbohydrate are listed as the number beside the allergens Milk: white=11gms, choc=18gms, straw=22gms Juice: orange/citrus=14gms, apple=14gms, apple cherry=14gms

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



LHS 25-26 Lunch Menus

**Students
Eat FREE!**

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WEEK 1—Aug 4, Aug 25, Sept 15, Oct 13, Nov 3, Dec 1, Jan 5, Jan 26, Feb 16, Mar 16, Apr 6, Apr 27, May 18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Crispitos W43 or Crispy Rolled Tacos WMS42 , Spanish Rice 26 , Jalapeno Roasted Corn 17 , Salsa 2 , Fruit, Milk	Tangerine WES25 , Honey Sriracha WE24 , or Gen Tso's Chicken WMS26 , Asian Rice 6 /Noodles, Dumplings WS16 , Asian Veggies 6 , Carrots 8 , Fruit, Fortune Cookie WS4 , Milk	Chicken & Waffles WMES43 , Tenders WM18 , spicy or plain, Mashed potatoes M14w /gravy WMES3 , Broccoli, Fruit, Cookie WMES26 , Milk	Baked Potato 35 , BBQ Pulled Pork S or Taco Meat, Hot Roll WMES27 , Ranchero Beans 22 , Fresh Baby Carrots 8 , Fruit, Milk	Hot Wings: Buffalo, BBQ, Hot Honey, Korean BBQ, or Nashville Hot, Hot Roll WMES27 , French Fries 15 , Celery & Carrot Sticks w/ ranch ME1 , Fruit, Milk
Snack Bar	Spicy Chicken Sandwich WMSm41 or Double Cheeseburger WMSm29 or BBQ Pulled Pork Sandwich WSSm46 , Tater Tots 16 , Onion Rings, Fruit, Juice, Milk	Hot Pocket WMS32 or Wild Mike's Cheesy Bites WMS42 or Garlic French Bread Pizza WMS30 , Marinara 8 , Green Beans 4 , Fruit, Juice, Milk	Chicken & Waffles WMES43 , Tenders WM18 , spicy or plain, Mashed potatoes M14w /gravy WMES3 , Broccoli, Fruit, Cookie WMES26 , Milk	Chicken Sandwich Spicy WMSm46 or Plain WMSm41 or Nashville Hot WMSm41 , Tater Tots 16 , Ranchero Beans 22 , Fruit, Juice, Milk	Hot Wings: Buffalo, BBQ, Hot Honey, Korean BBQ, or Nashville Hot, Hot Roll WMES27 , French Fries 15 , Celery & Carrot Sticks w/ ranch ME1 , Fruit, Milk

WEEK 2—Aug 11, Sept 1, Sept 22, Oct 20, Nov 10, Dec 8, Jan 12, Feb 2 Feb 23, Mar 23, Apr 13, May 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Chicken WM18 & Waffles WMES43 , Spicy or Plain, Chicken Sandwich WMSm46 , Onion Rings WMS56 , Tater Tots 16 , Fruit, Milk	Boneless Wings WM20 or Chicken Legs W20 , Hot Roll WMES27 , Ranchero Beans, Baby Carrots, Fruit, Milk	Walking Tacos: Beef M37 or Chicken Tinga MS37 , Romaine Lettuce, Salsa, Fruit, Cookie WMES26 , Milk	Frito Pie M40 or Mini Corn Dogs WES30 w/chili & cheese M5 , Green Beans 4 , Fresh Baby Carrots w/ranch, Fruit, Milk	Hot Wings: Buffalo, BBQ, Hot Honey, Korean BBQ, or Nashville Hot, Hot Roll WMES27 , Fries 15 , Celery & Baby Carrots w/ranch ME1 , Fruit, Milk
Snack Bar	Chicken WM18 & Waffles WMES43 , Spicy or Plain, Chicken Sandwich WMSm46 , Onion Rings WMS56 , Tater Tots 16 , Fruit, Milk	Wild Mike's Cheesy Bites WMS42 , Garlic French Bread Pizza WMS30 , Pizza Crunchers WMS30 , Marinara 8 , Ranchero beans 22 , Fruit, Juice, Milk	Walking Tacos: Beef M37 or Chicken Tinga MS37 , Romaine Lettuce, Salsa, Fruit, Cookie WMES26 , Milk	Frito Pie M40 or Mini Corn Dogs WES30 w/chili & cheese M5 , Green Beans 4 , Fresh Baby Carrots w/ranch, Fruit, Milk	Hot Wings: Buffalo, BBQ, Hot Honey, Korean BBQ, or Nashville Hot, Hot Roll WMES27 , French Fries 15 , Celery & Carrot Sticks w/ranch ME1 , Fruit, Milk

WEEK 3—Aug 18, Sept 8, Sept 29, Oct 27, Nov 17, Dec 15, Jan 19, Feb 9, Mar 2, Mar 30, Apr 20, May 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Tamales S44 , Enchiladas M10 , Spanish Rice 26 , Refried Beans 30 , Chips 19 & Salsa 2 , Fruit, Milk	BBQ Ribs w/ Hot Roll or BBQ Rib Sandwich, Potato Salad, Ranchero Beans, Fruit, Milk	Cheesy Hot Popcorn Chicken or Popcorn Chicken, Hot Roll WMES27 , Mashed potatoes M14w /gravy WMES3 , Broccoli, Fruit, Cookie WMES26 , Milk	Walking Tacos: Beef M37 or Chicken Tinga MS37 , Romaine Lettuce, Salsa, Fruit, Milk	Hot Wings: Buffalo, BBQ, Hot Honey, Korean BBQ, or Nashville Hot, Hot Roll WMES27 , Fries 15 , Celery & Baby Carrots w/ranch ME1 , Fruit, Milk
Snack Bar	Spicy or Plain Chicken Sandwich WMSm46 or Double Cheeseburger WMSm29 , Tater Tots 16 , Onion Rings, Fruit, Juice, Milk	Spicy Colorado Burrito or Crispy Rolled Tacos WMS42 , Chips & Salsa, Ranchero Beans, Fruit, Milk	Steak Nuggets (plain or spicy) or Chicken Tenders, Hot Roll, Mashed Potatoes w/gravy, Green Beans, Fruit, Cookie, Milk	Walking Tacos: Beef M37 or Chicken Tinga MS37 , Romaine Lettuce, Salsa, Fruit, Cookie WMES26 , Milk	Hot Wings: Buffalo, BBQ, Hot Honey, Korean BBQ, or Nashville Hot, Hot Roll WMES27 , French Fries 15 , Celery & Carrot Sticks w/ranch ME1 , Fruit, Milk

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus, Sm-Sesame
Grams of carbohydrate are listed as the number beside the allergens
Milk: white=11gms, choc=18gms, straw=22gms Juice: orange/citrus=14gms, apple=14gms, apple cherry=14gms