

MENU

LMHS breakfast menu

OCTOBER

	00		00		00	yogurt parfait	01	bacon, egg, & cheese pancake sandwich fresh fruit	02
banana bread string cheese fresh fruit	05	dutch waffle bacon fresh fruit	06	cereal yogurt fresh fruit	07	breakfast tacos fresh fruit	08	egg bites hash browns fresh fruit	09
No school	12	waffles w/ strawberries and cream sausage fresh fruit	13	mini bagel fresh fruit	14	yogurt parfait	15	breakfast pizza string cheese fresh fruit	16
Apple cider donut string cheese fresh fruit	19	cinnamon roll sausage fresh fruit	20	apple frudel yogurt fresh fruit	21	breakfast turtle Fresh fruit	22	ham, egg, & cheese croissant fresh fruit	23
breakfast bun string cheese fresh fruit	26	hashbrowns buttered english muffin sausage links fresh fruit	27	apple mini breakfast bites yogurt fresh fruit	28	yogurt parfait	29	Pancake banquet fresh fruit	30

1% plain, whole
milk, and non-fat
chocolate offered
daily

Other options offered daily:

Bagel and cream cheese

Cereal and yogurt

All students must
take at least ½ cup
of fruit or veggies



MENU

LMHS Lunch Menu

OCTOBER

	00		00		00	sweet and sour chicken chow mein steamed broccoli carrot sticks fresh fruit	01	papa murphey's pizza caesar salad fresh fruit cookie	02
bbq pork rib sandwich fries, lettuce, tomato, cucumber slices fresh fruit	05	chicken tinga tostadas corn, refried beans, lettuce, tomato fresh fruit	06	chicken tenders, garlic bread fries, carrot sticks, snap peas fresh fruit	07	crispy chicken and wheat roll mashed potatoes, steamed broccoli fresh fruit	08	baked ziti caesar salad fresh fruit cookie	09
No school	12	beef, cheese, rice burrito corn, refried beans fresh fruit	13	turkey BLT, chips carrot sticks, snap peas, lettuce, tomato fresh fruit	14	teriyaki chicken, rice, potstickers steamed broccoli, carrot sticks fresh fruit	15	papa murphey's pizza caesar salad fresh fruit cookie	16
crispy chicken sandwich fries, lettuce, tomato, cucumber slices fresh fruit	19	Beef Birria tacos refried beans, corn, taco toppings fresh fruit	20	bbq pork ribs, macaroni salad corn on the cob, carrot sticks fresh fruit	21	mediterranean chicken pita potato wedges, lettuce, tomato, onion fresh fruit	22	pizza rolls caesar salad fresh fruit cookie	23
Cheeseburger fries, lettuce, tomato, cucumber fresh fruit	26	california burrito corn, refried beans fresh fruit	27	mac and cheese, popcorn chicken carrot sticks, snap peas fresh fruit	28	Bat nuggets Fries Texas toast steamed broccoli, carrot sticks fresh fruit	29	papa murphey's pizza caesar salad fresh fruit Worms n' dirt	30

1% plain, whole
milk, and non-fat
chocolate offered
daily

Additional options:

Grab-and-go cold lunch station

Salad bar

All students must
take at least ½ cup
of fruit or veggies at
lunch.

