

# MENU

LMHS Breakfast menu

AUGUST

|  |    |  |    |                                      |    |  |    |   |    |
|--|----|--|----|--------------------------------------|----|--|----|---|----|
|  | 00 |  | 00 |                                      | 00 |  | 00 |   | 01 |
|  | 0  |  | 0  |                                      | 0  |  | 0  |   | 08 |
|  | 1  |  | 1  | Yogurt parfait                       | 1  | Hashbrowns<br>Sausage links<br>Biscuits<br>Fresh fruit | 1  | Bagel sandwich<br>Fresh fruit                                 | 15 |
| Muffin top<br>String cheese<br>Fresh fruit | 1  | Scone<br>Sausage links<br>Fresh fruit  | 1  | Benefit bar<br>Yogurt<br>Fresh fruit | 2  | Country potatoes<br>Sausage<br>Biscuits<br>Fresh fruit | 2  | Ham, egg, and<br>cheese breakfast<br>croissant<br>Fresh fruit | 22 |
| Concha<br>String cheese<br>Fresh fruit     | 2  | Waffle<br>Sausage links<br>Fresh fruit | 2  | Yogurt parfait                       | 2  | Breakfast burrito<br>String cheese<br>Fresh fruit      | 2  | Sausage mcmuffin<br>sandwich<br>Fresh fruit                   | 29 |

1% plain and  
non-fat flavored  
milk offered daily.

Alternative options offered daily:

Bagel with cream cheese, yogurt, and fresh  
fruit

Build-your-own parfait station

Students must take at least ½ cup of fruit or  
veggies with breakfast..



# MENU

LMHS Lunch menu

AUGUST

|   |    |   |    |  |    |   |    |  |    |
|---|----|---|----|--|----|---|----|--|----|
|   | 00 |   | 00 |  | 00 |   | 00 |  | 01 |
|   | 0  |   | 0  |  | 0  |   | 0  |  | 08 |
|   | 1  |   | 1  | Chicken tenders<br>Fries<br>Texas toast<br>Green salad<br>Fresh fruit                    | 1  | Teriyaki chicken and rice bowl<br>Potstickers<br>Steamed broccoli<br>Carrot sticks<br>Fresh fruit | 1  | Pepperoni pizza<br>Carrot sticks<br>Green salad<br>Fresh fruit                               | 15 |
| BBQ cheese burger<br>Potato salad<br>Fresh fruit<br>Carrot sticks | 1  | Chicken chalupa<br>Black beans<br>Corn on the cob<br>Fresh fruit                            | 1  | Turkey, bacon, lettuce, & tomato on a croissant<br>Chips<br>Carrot sticks<br>Fresh fruit | 2  | Chicken and waffles<br>Country potatoes<br>Green salad<br>Fresh fruit                             | 2  | Sicilian meatballs<br>Rosemary roasted potatoes<br>Garlic knot<br>Green beans<br>Fresh fruit | 22 |
| Spicy chicken sandwich<br>Fries<br>Carrot sticks<br>Fresh fruit   | 2  | Carne asada street tacos<br>Black beans<br>Corn on the cob<br>Tortilla chips<br>Fresh fruit | 2  | Hot Italian sub<br>Chips<br>Carrot sticks<br>Green salad<br>Fresh fruit                  | 2  | Mandarin chicken and rice<br>Egg roll<br>Steamed broccoli<br>Carrot sticks<br>Fresh fruit         | 2  | Chicken pesto flatbread<br>Carrot sticks<br>Green salad<br>Fresh fruit                       | 29 |

1% plain and non-fat flavored milk offered daily.

Salad bar offered daily.

Alternative options offered daily:

Chicken quesadilla

or

French bread pizza

Students must take at least ½ cup of fruit or veggies with lunch.

Whole grain cookies served with all lunches on Fridays.

