

MENU

LMHS Breakfast menu

SEPTEMBER

	31	waffles w/ strawberries and cream sausage fresh fruit	01	mini bagel fresh fruit milk	02	yogurt parfait	03	breakfast pizza string cheese fresh fruit	04
Labor day No school	07	cinnamon roll sausage fresh fruit	08	apple frudel yogurt fresh fruit	09	breakfast turtle Fresh fruit	10	ham, egg, & cheese croissant fresh fruit	11
breakfast bun string cheese fresh fruit	14	hashbrowns buttered english muffin sausage links fresh fruit	15	apple mini breakfast bites yogurt fresh fruit	16	yogurt parfait	17	bagel sandwich fresh fruit	18
concha string cheese fresh fruit	21	pancakes sausage fresh fruit	22	benefit bar yogurt fresh fruit	23	french toast casserole sausage fresh fruit	24	breakfast taquitos fresh fruit	25
mini muffins string cheese fresh fruit	28	scone sausage fresh fruit	29	bagel w/ cream cheese yogurt fresh fruit	30		01		02

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

SEPTEMBER

	31	beef, cheese, & rice burrito corn, refried beans fresh fruit	01	turkey BLT, carrot sticks, snap peas, lettuce, & tomato fresh fruit Chips	02	teriyaki chicken & rice potstickers steamed broccoli carrot sticks Fresh fruit	03	papa murphey's pizza caesar salad fresh fruit Ice cream	04
Labor day No school	07	Beef quesadilla Refried beans Corn Fresh fruit	08	bbq pork ribs macaroni salad corn on the cob carrot sticks fresh fruit	09	mediterranean chicken pita Veggie toppings potato wedges fresh fruit	10	pizza rolls caesar salad fresh fruit Ice cream	11
Cheeseburger lettuce, tomato Fries Cucumber slices fresh fruit	14	california burrito Corn refried beans fresh fruit	15	mac and cheese, popcorn chicken carrot sticks snap peas fresh fruit	16	mandarin chicken & rice egg roll steamed broccoli carrot sticks fresh fruit	17	papa murphey's pizza caesar salad fresh fruit Ice cream	18
spicy chicken sandwich lettuce, tomato Fries Cucumber slices fresh fruit	21	carne asada tacos tortilla chips refried beans corn taco toppings fresh fruit	22	hot wings texas toast fries carrot sticks snap peas fresh fruit	23	popcorn chicken bowl texas toast mashed potatoes corn fresh fruit	24	lasagne caesar salad fresh fruit Ice cream	25
bbq bacon burger lettuce, tomato Fries Cucumber slices fresh fruit	28	Tamales red rice Corn refried beans fresh fruit	29	chicken lemon garlic pasta carrot sticks snap peas fresh fruit	30		01		02

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.

