MENU

LMHS Lunch menu

NOVEMBER

02 spicy chicken sandwich fries, lettuce & tomato cucumber slices fresh fruit	03 carne asada tacos, tortilla chips refried beans corn fresh fruit	04 hot wings garlic bread Fries carrot sticks snap peas fresh fruit	05 popcorn chicken bowl texas toast mashed potatoes corn fresh fruit	06 lasagne caesar salad fresh fruit cookie
09 bbq bacon burger Fries lettuce & tomato cucumber slices fresh fruit	10 Beef double decker taco Refried beans Fresh fruit	11 Veterans day	12 sweet and sour chicken chow mein steamed broccoli carrot sticks fresh fruit	13 papa murphey's pizza caesar salad fresh fruit cookie
16 bbq pork rib sandwich Fries Lettuce & tomato cucumber slices fresh fruit	17 Pollo asada burrito bowl beans corn salsa Fresh fruit	18 Turkey nuggets garlic bread fries carrot sticks snap peas fresh fruit	19 Turkey or ham Mashed potatoes Green beans Hawiian roll Pumpkin pie Fresh fruit	20 Cook's choice
23 No school	24 No school	25 No school	26 Thanksgiving	27 No school
30 philly cheesesteak fries grilled pepper/onion cucumber slices fresh fruit	01	02	03	04

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



This institution is an equal opportunity provider.

MENU

LMUSD Elementary Lunch menu

NOVEMBER

02 crispy chicken sandwich fries, lettuce & tomato cucumber slices fresh fruit	03 carne asada tacos, tortilla chips refried beans corn fresh fruit	04 Boneless wings garlic bread Fries carrot sticks snap peas fresh fruit	05 popcorn chicken bowl mashed potatoes corn fresh fruit	06 lasagne caesar salad fresh fruit cookie
09 cheeseburger fries lettuce & tomato cucumber slices fresh fruit	10 Beef double decker taco Refried beans Fresh fruit	11 Veterans day	12 sweet and sour chicken chow mein steamed broccoli carrot sticks fresh fruit	13 papa murphey's pizza caesar salad fresh fruit cookie
16 bbq pork rib sandwich Fries Lettuce & tomato cucumber slices fresh fruit	17 Pollo asada burrito bowl beans corn salsa Fresh fruit	18 Turkey nuggets garlic bread fries carrot sticks snap peas fresh fruit	19 Turkey or ham Mashed potatoes Green beans Hawiian roll Pumpkin pie Fresh fruit	20 Cook’s choice
23 No school	24 No school	25 No school	26 Thanksgiving	27 No school
30 hot dog fries cucumber slices fresh fruit	01	02	03	04

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

Additional options:

Salad bar

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



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MENU

LMHS Breakfast menu

NOVEMBER

02 concha string cheese fresh fruit	03 pancakes sausage fresh fruit	04 benefit bar yogurt fresh fruit	05 french toast casserole sausage fresh fruit	06 breakfast taquitos fresh fruit
09 mini muffins string cheese fresh fruit	10 scone sausage fresh fruit	11 Veterans day	12 yogurt parfait	13 Bacon, egg, & cheese pancake sandwich fresh fruit
16 banana bread string cheese fresh fruit	17 Chocolate croissant Bacon Fresh fruit	18 cereal yogurt fresh fruit	19 breakfast tacos fresh fruit	20 Cook's choice
23 No school	24 No school	25 No school	26 Thanksgiving	27 No school
30 Donut String cheese Fresh fruit	01	02	03	04

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

Additional options offered daily:

Bagel with yogurt or string cheese and fresh fruit.

Oatmeal station

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



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MENU

LMUSD Elementary Breakfast menu

NOVEMBER

02 concha string cheese fresh fruit	03 pancakes sausage fresh fruit	04 benefit bar yogurt fresh fruit	05 french toast casserole sausage fresh fruit	06 breakfast taquitos fresh fruit
09 mini muffins string cheese fresh fruit	10 scone sausage fresh fruit	11 Veterans day	12 yogurt parfait	13 Pancakes sausage fresh fruit
16 banana bread string cheese fresh fruit	17 Chocolate croissant Bacon Fresh fruit	18 cereal yogurt fresh fruit	19 breakfast tacos fresh fruit	20 Cook's choice
23 No school	24 No school	25 No school	26 Thanksgiving	27 No school
30 Donut String cheese Fresh fruit	01	02	03	04

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

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



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