

MENU

LMHS Breakfast menu

SEPT
MBER

Labor day No school	0	Pancakes Sausage Fresh fruit	0	Benefit bar Yogurt Fresh fruit	0	Omlet Biscuit Hash browns Fresh fruit	0	Breakfast pizza String cheese Fresh fruit	05
Muffin String cheese Fresh fruit	0	Scone Sausage Fresh fruit	0	Yogurt parfait	1	Country potatoes Biscuit Sausage Fresh fruit	1	Bagel sandwich Fresh fruit	12
Banana bread String cheese Fresh fruit	1	Waffles Sausage Fresh fruit	1	Benefit bar Yogurt Fresh fruit	1	Hash browns Sausage Biscuit Fresh fruit	1	Ham, egg, and cheese croissant Fresh fruit	19
Concha String cheese Fresh fruit	2	Pancakes Sausage Fresh fruit	2	Yogurt parfait	2	Breakfast burrito Fresh fruit	2	Sausage mcmuffin sandwich Fresh fruit	26
Muffin top String cheese Fresh fruit	2	Scone Sausage Fresh fruit	3		00		00		00

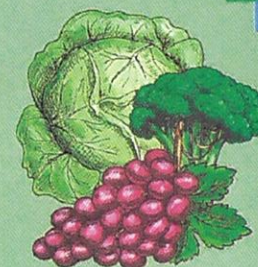
1% plain or non-fat
flavored milk
offered daily.

Alternative options offered daily:

Bagel with cream cheese, yogurt, and fruit

Build-your-own parfait station

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



MENU

LMHS Lunch menu

SEPT
EMBER

Labor day No school	0	Tamales Tortilla chips Refried beans Corn Fresh fruit	0	Grilled cheese Chips Steamed Broccoli Carrot sticks Fresh fruit	0	Popcorn chicken bowl Garlic knot Corn Fresh fruit	0	Chicken alfredo Texas toast Steamed broccoli Carrot sticks Fresh fruit	05
BBQ pork rib sandwich Fries Coleslaw Fresh fruit	0	Chicken tinga tostadas Refried beans Fresh fruit	0	Classic PB&J with string cheese and chips Carrot sticks Snap peas Fresh fruit	1	Pizza bagel Carrot sticks Green salad Fresh fruit	1	Stuffed crust pizza Steamed broccoli Carrot sticks Fresh fruit	12
Chicken burger Fries Green salad Fresh fruit	1	Beef nachos Refried beans Corn Fresh fruit	1	Breakfast for lunch: Pancakes Sausage Country potatoes Sliced peppers Fresh fruit	1	Popcorn orange chicken Chow mein Steamed broccoli Carrot sticks Fresh fruit	1	Lasagna Texas toast Steamed broccoli Carrot sticks Fresh fruit	19
Jalapeno popper grilled cheese Fries Green salad Fresh fruit	2	California burrito Refried beans Corn Fresh fruit	2	Turkey sub sandwich Lettuce, tomato Chips Carrot sticks Fresh fruit	2	Chicken tenders Fries Carrot sticks Biscuit Fresh fruit	2	Cheese pizza Steamed broccoli Carrot sticks Fresh fruit	26
BBQ chicken sandwich Fries Green salad Fresh fruit	2	Chipotle chicken and rice bowl Black beans Veggie toppings Fresh fruit	3		00		00		00

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

Alternative options offered daily:

Chicken quesadilla

French bread pizza

Salad bar offered daily at lunch

Whole grain
cookies served with
all lunches on
Fridays.

