

MENU

LMHS breakfast menu

JANUARY

	00		00		00	Happy New Year! No School	01	No school	02
No school	05	Pancakes Sausage Fresh fruit	06	Benefit bar Yogurt Fresh fruit	07	Omelet Country potatoes Fresh fruit	08	Bagel sandwich Fresh fruit	09
Muffin top String cheese Fresh fruit	12	Waffles with strawberries and cream Sausage Fresh fruit	13	Bagel String cheese Fresh fruit	14	Yogurt parfait	15	Ham, egg, and cheese croissant sandwich Fresh fruit	16
Martin Luther King Jr. Day No School	19	French toast sticks Sausage links Fresh fruit	20	Cereal Yogurt Fresh fruit	21	Chorizo potatoes Scrambled eggs Fresh fruit	22	Breakfast pizza String cheese Fresh fruit	23
Banana bread String cheese Fresh fruit	26	Scone Sausage links Fresh fruit	27	Mini cream cheese filled bagel Fresh fruit	28	Yogurt parfait	29	Chicken and waffle breakfast sandwich Fresh fruit	30

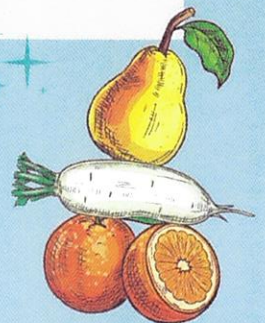
1% plain or non-fat
flavored milk
offered daily.

Alternative options offered daily:

Bagel with fresh fruit, cream cheese, and
Greek yogurt or string cheese.

Oatmeal station offered at second chance
breakfast.

All students must
take at least ½ cup
of fruit with
breakfast.



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JANUARY

	00		00		00	Happy New Year! No School	01	No school	02
No school	05	Tamales Red rice Beans Corn on the cob Fresh fruit	06	Chicken noodle soup Garlic bread Steamed broccoli Fresh fruit	07	Teriyaki chicken and rice bowl Dumplings Steamed broccoli Carrot sticks Fresh fruit	08	Pepperoni Pizza rolls Carrot sticks Fresh fruit Green salad	09
Cheeseburger Curly fries snap peas Fresh fruit	12	Carne asada street tacos Tortilla chips Corn on the cob Black beans Fresh fruit	13	Turkey BLT on a croissant Chips Carrot sticks Fresh fruit	14	Popcorn chicken bowl Texas toast Fresh fruit	15	Lasagna Carrot sticks Green salad Fresh fruit	16
Martin Luther King Jr. Day No School	19	Beef burrito Refried beans Corn on the cob Fresh fruit	20	Philly cheesesteak Chips Grilled peppers and onions Snap peas Fresh fruit	21	Chicken ramen bowl Dumplings Veggie toppings Fresh fruit	22	Pepperoni calzones Carrot sticks Green salad Fresh fruit	23
Jalapeno popper grilled cheese Fries Green salad Fresh fruit	26	Chicken tinga tostadas Refried beans Fresh fruit	27	Hot Italian sub Chips Carrot sticks Green salad Fresh fruit	28	Chicken tenders Fries Texas toast Carrot sticks Fresh fruit	29	Pizza bagel Carrot sticks Snap peas Fresh fruit	30

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

Alternative options offered daily:

Beef quesadilla

French bread pizza

Salad bar offered daily. Whole grain cookies served with all lunches on Fridays.

All Students must take at least ½ cup of fruit or veggies with a meal.

