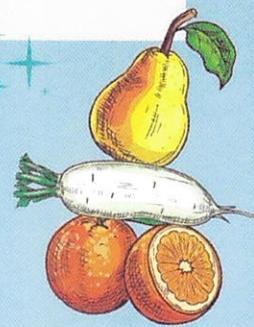


# MENU

LMHS breakfast menu

JANUARY

00	00	00	01	02
No school	05	Pancakes Sausage Fresh fruit	06	Benefit bar Yogurt Fresh fruit
Muffin top String cheese Fresh fruit	12	Waffles with strawberries and cream Sausage Fresh fruit	13	Bagel String cheese Fresh fruit
Martin Luther King Jr. Day	19	French toast sticks Sausage links Fresh fruit	20	Cereal Yogurt Fresh fruit
Banana bread String cheese Fresh fruit	26	Scone Sausage links Fresh fruit	27	Mini cream cheese filled bagel Fresh fruit
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 $\frac{1}{2}$ cup of fruit with breakfast.	

# MENU

LMHS Lunch Menu

JANUARY

00	00	00	01	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
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
Martin Luther King Jr. Day	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
No School	26	Jalapeno popper grilled cheese Fries Green salad Fresh fruit	27 Chicken tinga tostadas Refried beans Fresh fruit	28 Hot Italian sub Chips Carrot sticks Green salad Fresh fruit
1% plain or non-fat flavored milk offered daily.	29	Chicken tenders Fries Texas toast Carrot sticks Fresh fruit	30 Pizza bagel Carrot sticks Snap peas Fresh fruit	

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  $\frac{1}{2}$  cup  
of fruit or veggies  
with a meal.

