

LMCS Lunch Menu - September



Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

Monday	Tuesday	Wednesday	Thursday	Friday
31 Cheese Chicken Burrito Salsa Romaine & Tomato Corn, Canned Pineapple Tortilla Chips (9-12) Fresh Fruit Choice (9-12)	1 Stromboli Tossed Salad Carrot Sticks Banana Breadstick (9-12) Canned Fruit Choice (9-12)	2 Pulled Pork on a Bun Creamy Coleslaw Baked Beans Summer Fruit Salad Royal Brownie (6-12) Canned Fruit Choice (9-12)	3 Country Style Pork Pattie Mashed Potatoes & Gravy Cooked Broccoli Oranges Breadstick (6-12) Canned Fruit Choice (9-12)	4 Cheese Pizza Tossed Salad Cherry Tomatoes Apple Canned Fruit Choice (9-12)
7 Labor Day No School	8 Chicken Wrap Spanish Rice Romaine & Tomato Peas, Apple Cookie (9-12) Canned Fruit Choice (9-12)	9 Spaghetti Green Beans Tossed Salad Oranges Breadstick Canned Fruit Choice (9-12)	10 Walking Taco Romaine & Tomato Salsa Corn, Banana Churro Crackers (9-12) Canned Fruit Choice (9-12)	11 Chicken Patty Mashed Potato Smiles Carrot Sticks Applesauce Breadstick (6-12) Fresh Fruit Choice (9-12)
14 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Canned Pears Fresh Fruit Choice (9-12)	15 Grilled Cheese Tomato Soup Cherry Tomatoes Cucumber Slices Banana Canned Fruit Choice (9-12)	16 BBQ Pulled Chicken on a bun Baked Beans Creamy Coleslaw Oranges Canned Fruit Choice (9-12)	17 Biscuit & Gravy Sausage Patty Tater Tots Fresh Snap Peas Apple Canned Fruit Choice (9-12)	18 Pepperoni Pizza Fresh Broccoli Carrot Sticks Fresh Citrus Fruit Cup Canned Fruit Choice (9-12)
21 Pork Rib on a Bun Romaine & Tomato Sweet Potato Tots Apple Canned Fruit Choice (9-12)	22 Taco Soup Frito Chips Salsa Fresh Broccoli Banana Canned Fruit Choice (9-12)	23 Chicken Cheese Quesadilla Refried Beans Corn, Oranges Black Bean Corn Salsa (9-12) Tortilla Chips (9-12) Canned Fruit Choice (9-12)	24 Cowboy Cavatini Breadstick Peas & Carrots Salad Canned Peaches Fresh Fruit Choice (9-12)	25 Corn Dog Tater Tots Green Beans Mixed Fruit Cookie Fresh Fruit Choice (9-12)
28 Hamburger with Cheese Romaine & Tomato Mashed Potato Smiles Frozen Strawberry Cup Fresh Fruit Choice (9-12)	29 Chicken Nuggets Sweet Potato Tots Green Beans Roll Banana Canned Fruit Choice (9-12)	30 Macaroni & Cheese Little Smokies Peas, Oranges Cherry Tomatoes Breadstick (6-12) Canned Fruit Choice (9-12)		
Sign up in the HS office each day for Salad Bar Entree. Available Monday-Thursday for 6th-12th grade.				
Sign up in the HS office each Friday for Potato Bar Entree. Only available on Friday for 6th-12th grade.				
"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER " Menus are subject to change				
Reduced fat dressing is served with salads and fresh vegetables. All grain items are whole grain rich.				