

LAINSBURG HIGH SCHOOL ~ DECEMBER 2017 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *CHICKEN NUGGETS *HOT HAM & CHEESE SUB SWEET POTATO FRIES FRESH FRUIT
4 *CHEESE PIZZA *PULLED PORK SANDWICH BROCCOLI PINEAPPLE TIDBITS	5 *FRENCH TOAST STICKS W/SAUSAGE *GRILLED CHICKEN SANDWICH SWEET POTATO PUFFS APPLESAUCE	6 *CHICKEN TACO W/LETTUCE & CHEESE *RED CHILI BURRITO REFRIED BEANS TROPICAL FRUIT	7 *CHEESEBURGER *ROASTED TURKEY W/ROLL MASHED POTATOES & GRAVY JUICE	8 *CHICKEN POPCORN *FLATBREAD PIZZA MIXED LETTUCE SALAD FRESH FRUIT
11 *DOUBLE STUFFED PIZZA *MINI CORN DOGS CORN STRAWBERRY BANANA APPLESAUCE	12 *GRILLED CHEESE SANDWICH *FISH SUB W/CHEESE, LETTUCE, & TOMATO TOMATO SOUP MANDARIN ORANGES	13 *CHEESE QUESADILLA *CHICKEN FAJITA SOUTHWESTERN BEANS MIXED FRUIT COCKTAIL	14 *MACARONI & CHEESE *TURKEY BURGER BROCCOLI FRESH FRUIT	15 *CHICKEN PATTY SANDWICH *BEEF CHILI W/CHEESE & CRACKERS CELERY STICKS W/RANCH DIP JUICE
18 *MOZZARELLA STICKS *HOT HAM & CHEESE SUB GREEN BEANS CINNAMON APPLESAUCE	19 *PEPPERONI PIZZA *CHICKEN NUGGETS CARROTS PINEAPPLE TIDBITS	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL
25	26	27	28	29
1	2	3 *SOFT TACO W/LETTUCE & CHEESE *CHEESE QUESADILLA REFRIED BEANS JUICE	4 *SPAGHETTI W/MEATBALLS *FLAT BREAD PIZZA BROCCOLI APPLESAUCE	5 *PEPPERONI PIZZA *MINI CORN DOGS CORN FRESH FRUIT

THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:

COLD SUBS - HAM OR TURKEY & HOT SUBS - TURKEY, HAM, OR PIZZA, & BOSCO STICKS

MONDAY: CHICKEN CAESAR SALAD

TUESDAY: SOUTHWESTERN SPICY CHICKEN

WEDNESDAY: CHICKEN CAESAR SALAD

THURSDAY: BLT SALAD

FRIDAY: CHICKEN CAESAR SALAD

SALAD BAR:

M-W-F ~ CHEF SALAD W/ TURKEY OR HAM / T & TH ~ TACO SALAD

ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.

Milk is offered with every lunch meal & all milk is 1% white or fat free

We use whole grain/whole wheat for all of our breads, buns, & breadings.

Condiments used are: ketchup, mustard, pickles, taco sauce, & sour cream

Dressings used: Ranch, Italian, & Honey mustard

The USDA is an equal opportunity provider and employer.



DECEMBER 2017 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHOICE OF CEREAL TOAST W/JELLY FRUIT & JUICE
4 YOGURT ENGLISH MUFFIN W/JELLY FRUIT JUICE	5 CHOICE OF CEREAL GRAHAM CRACKERS FRESH FRUIT	6 BLUEBERRY NUTRI-GRAIN BREAKFAST BAR FRUIT JUICE	7 CHOICE OF CEREAL TOAST W/JELLY FRUIT JUICE	8 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE
11 CHOICE OF CEREAL TOAST W/JELLY FRUIT JUICE	12 BLUEBERRY MUFFIN SAUSAGE FRUIT JUICE	13 CHEESE OMELET ENGLISH MUFFIN W/BUTTER FRESH FRUIT	14 CINNAMON ROLL FRUIT JUICE	15 STRAWBERRY NUTRI-GRAIN BREAKFAST BAR FRUIT JUICE
18 SCRAMBLED EGGS W/HAM & CHEESE TOAST W/BUTTER CRAISINS JUICE	19 CHOICE OF CEREAL ENGLISH MUFFIN W/JELLY FRUIT JUICE	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL
25	26	27	28	29
1	2	3 CHOICE OF CEREAL TOAST W/JELLY FRUIT JUICE	4 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE	5 CHOCOLATE MUFFIN FRUIT JUICE