



LAINSBURG HIGH SCHOOL ~ SEPTEMBER 2017 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 NO SCHOOL HAPPY LABOR DAY	5 *CHEESEBURGER *CHICKEN CHILI W/CHEESE & CRACKERS SWEET POTATO FRIES APPLESAUCE	6 *SOFT TACO W/MEAT, CHEESE, & LETTUCE *CHICKEN QUESADILLA REFRIED BEANS JUICE	7 *MOZZARELLA STICKS *BBQ RIB SANDWICH GREEN BEANS FRESH FRUIT	8 *CHICKEN PATTY W/ROLL *FLAT BREAD PIZZA MASHED POTATOES & GRAVY PEACHES
11 *PEPPERONI PIZZA *HOT HAM & CHEESE SUB CAULIFLOWER JUICE	12 *MINI CORN DOGS *DOUBLE STUFFED PIZZA BAKED BEANS TROPICAL FRUIT	13 *CHEESE QUESADILLA *CHICKEN FAJITA CORN FRESH FRUIT	14 *MACARONI & CHEESE *BBQ RIBLETS ROMAINE & CARROTS SALAD CINNAMON APPLESauce	15 *CHICKEN NUGGETS *FISH SANDWICH W/CHEESE & LETTUCE & TOMATO FRENCH FRIES MANDARIN ORANGES
18 *CHEESEBURGER *MOZZARELLA STICKS SWEET POTATO FRIES FRESH FRUIT	19 *SPAGHETTI W/MEATBALLS *FLATBREAD PIZZA BROCCOLI PEARS	20 *WALING TACO *RED CHILI BURRITO REFRIED BEANS PEACHES	21 *GRILLED CHICKEN SANDWICH *MINI CORN DOGS SLICED CUCUMBERS W/DIP APPLESAUCE	22 *FISH NUGGETS *TURKEY & CHEESE SUB FRENCH FRIES MANDARIN ORANGES
25 *CHEESE PIZZA *MEATBALL SUB STEAMED CARROTS STRAWBERRY BANANA APPLESauce	26 *FRENCH TOAST STICKS SAUSAGE LINK *CORN DOG HASH BROWN JUICE	27 *CHICKEN TACO W/LETTUCE & CHEESE *RED CHILI BURRITO REFRIED BEANS PEACHES	28 *PULLED PORK SANDWICH *MOZZARELLA STICKS BROCCOLI FRESH FRUIT	29 *POPCORN CHICKEN *FLATBREAD PIZZA CELERY/CARROT STICKS W/RANCH DIP PINEAPPLE

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 WITH 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



SEPTEMBER 2017 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 NO SCHOOL HAPPY LABOR DAY	5 CHOICE OF CEREAL TOAST W/JELLY RAISINS JUICE MILK	6 APPLE CINNAMON CHEERIOS BAR SAUSAGE FRESH FRUIT MILK	7 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	8 POP TART FRUIT JUICE MILK
11 CHOICE OF CEREAL TOAST W/JELLY CRAISINS JUICE MILK	12 SCRAMBLED EGGS W/HAM & CHEESE TOAST FRUIT JUICE MILK	13 YOGURT GRAHAM CRACKERS FRUIT JUICE MILK	14 BLUEBERRY MUFFIN SAUSAGE FRUIT JUICE MILK	15 CHOICE OF CEREAL TOAST W/JELLY FRESH FRUIT MILK
18 FRENCH TOAST STICKS SAUSAGE FRUIT JUICE MILK	19 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	20 BREAKFAST PIZZA FRUIT JUICE MILK	21 CHOICE OF CEREAL TOAST W/JELLY FRESH FRUIT MILK	22 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE MILK
25 CHOICE OF CEREAL GRAHAM CRACKERS JUICE RAISINS MILK	26 CHEESE OMELET TOAST W/JELLY FRESH FRUIT MILK	27 YOGURT TOAST W/JELLY FRUIT JUICE MILK	28 CINNAMON ROLL FRUIT JUICE MILK	29 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK