

LCSD Jr/Sr High Menu

Meals on the Bus



October 2020

Breakfast Includes: Selection of Canned or Fresh Fruit or Vegetable, Whole Grains and Low-Fat or Skim White Milk
at Breakfast the Students must take 3 of the 4 items offered, 1 must be the fruit or veggie

Lunch Includes: Selection of Canned and Fresh Fruit, Fresh Vegetables, Whole Grain Rich Breads, Protein and Low-Fat & Fat-Free Milk
at Lunch the Students must choose 3 of 5 Meal Components 1 must be a ½ cup of fruit or veggie

			<p>1</p> <p><i>Breakfast: Ham & Cheese Muffin</i></p> <p><i>Lunch: Cheeseburger on WW Bun</i></p> <p><i>Supper: Chicken Alfredo over pasta</i></p>	<p>2</p> <p><i>Breakfast: Blueberry Muffin Top</i></p> <p><i>Lunch: Cheesy Breadsticks</i></p> <p><i>Supper: Popcorn Chicken & WW Roll</i></p>
<p>5</p> <p><i>Breakfast: Warm Bagel w/Cream Cheese</i></p> <p><i>Lunch: Oven Baked Chicken Burger on WW Bun</i></p> <p><i>Supper: Bean & Cheese Burrito</i></p>	<p>6</p> <p><i>Breakfast: Hearty Oatmeal w/WW Toast</i></p> <p><i>Lunch: BBQ Pulled Pork Sandwich</i></p> <p><i>Supper: Chicken & Cheese Taco</i></p>	<p>7</p> <p><i>Breakfast: Cold Cereal w/WW Toast</i></p> <p><i>Lunch: Popcorn Chicken w/WW Roll</i></p> <p><i>Supper: Ham & Cheese Sandwich</i></p>	<p>8</p> <p><i>Breakfast: Warm Bagel w/Cream Cheese</i></p> <p><i>Lunch: Beef Tot'cho w/WW Dinner Roll</i></p> <p><i>Supper: Bean & Cheese Burrito</i></p>	<p>9</p> <p><i>Breakfast: Cinnamon Breakfast Round</i></p> <p><i>Lunch: Cheesy Breadsticks w/Marinara</i></p> <p><i>Supper: Corn Dog</i></p>
<p>12</p> <p><i>Breakfast: French Toast Sticks</i></p> <p><i>Lunch: Chicken & Waffles</i></p> <p><i>Supper: Cheeseburger on WW Bun</i></p>	<p>13</p> <p><i>Breakfast: Ham & Cheese Muffin</i></p> <p><i>Lunch: Spicy Turkey & Cheese Soft Taco</i></p> <p><i>Supper: American Sub Sandwich</i></p>	<p>14</p> <p><i>Breakfast: Cinnamon Breakfast Round</i></p> <p><i>Lunch: Cheesy Breadsticks w/Marinara</i></p> <p><i>Supper: Chicken Nuggets w/WW Roll</i></p>	<p>15</p> <p><i>Breakfast: Cold Cereal w/Toast</i></p> <p><i>Lunch: Turkey & Cheese Sandwich</i></p> <p><i>Supper: Hot Dog on WW Bun</i></p>	<p>16</p> <p><i>Breakfast: Peachy Muffin Tops</i></p> <p><i>Lunch: Macaroni & Cheese</i></p> <p><i>Supper: Popcorn Chicken & WW Roll</i></p>
<p>19</p> <p><i>Breakfast: Pancake Sausage on a Stick</i></p> <p><i>Lunch: Chicken Nuggets w/WW Roll</i></p> <p><i>Supper: Cheeseburger on WW Bun</i></p>	<p>20</p> <p><i>Breakfast: Strawberry Yogurt w/Graham Cracker</i></p> <p><i>Lunch: Cheesy Breadsticks w/Marinara</i></p> <p><i>Supper: Italian Sub Sandwich</i></p>	<p>21</p> <p><i>Breakfast: Bagel w/Cream Cheese</i></p> <p><i>Lunch: Sloppy Joe on WW Bun</i></p> <p><i>Supper: Oven Baked Corn Dog</i></p>	<p>22</p> <p><i>Breakfast: Ham & Cheese Muffin</i></p> <p><i>Lunch: Chicken Burger on WW Roll</i></p> <p><i>Supper: Beef & Cheese Taco</i></p>	<p>23</p> <p><i>Breakfast: Oatmeal Chocolate Chip Breakfast Round</i></p> <p><i>Lunch: Hot Dog</i></p> <p><i>Supper: Bean & Cheese Burrito</i></p>
<p>26</p> <p><i>Breakfast: Cold Cereal w/Toast</i></p> <p><i>Lunch: Bean & Cheese Enchilada</i></p> <p><i>Supper: Oven Baked Corn Dog</i></p>	<p>27</p> <p><i>Breakfast: Hot Oatmeal w/WW Toast</i></p> <p><i>Lunch: Fish & Chips</i></p> <p><i>Supper: Cheesy Breadsticks w/Marinara</i></p>	<p>28</p> <p><i>Breakfast: Ham & Cheese Muffin</i></p> <p><i>Lunch: Chicken & Cheese Wrap</i></p> <p><i>Supper: Cheeseburger on WW Bun</i></p>	<p>29</p> <p><i>Breakfast: Bagel w/Cream Cheese</i></p> <p><i>Lunch: Oven Baked Corn Dog</i></p> <p><i>Supper: Bean & Cheese Burrito</i></p>	<p>30</p> <p><i>Breakfast: Blueberry Muffin Top</i></p> <p><i>Lunch: Spaghetti w/Meatsauce</i></p> <p><i>Supper: Popcorn Chicken & WW</i></p>

WW = Whole Wheat WG= Whole Grain

Assorted Cereal will be offered everyday as a choice for breakfast

This institution is an equal opportunity provider

Menu Subject to Change