

LCSO
CVH-WHS
Lunch Menu



HONOR ROLL

Mon, Wed & Fri
Cheeseburger, Hamburger or Veggie Burger
(Elementary Burger Option on Wednesday only)

Tues & Thurs
Chicken Burger or Spicy Chicken Burger
(Elementary Chicken Burger option on Fridays only)

All Hot Sandwiched Served w/Oven Baked French Fries or Tater Tots

Weekly Pizza Choice (Secondary Daily, Elementary Once a Week)
Daily Option: Pepperoni & Cheese Pizza (v)

Daily Specials
Monday: Veggie Pizza (v)
Tuesday: Supreme Pizza
Wednesday: No Pizza Early Release Day
Thursday: Taco Pizza
Friday: Hawaiian Pizza
(Pizza is Subject to Availability of Pizza Crust)

UPPER CRUST

STACKS

Daily Deli Specials:
Monday: Ham & Cheese Sub & Chef Salad
Tuesday: American Sub & Crispy Chicken Salad
Wednesday: Jalapeno Lime Chicken Wrap & SW Taco Salad
Thursday: Spicy Italian Sub & Buffalo Chicken Salad
Friday: Tuna Salad Sandwich & Garden Salad
(All Salads Served with WG Roll, except Taco Salads)

TRADITIONS

Lunch Includes: Selection of Canned and Fresh Fruit, Fresh Vegetables, Whole Grain Rich Breads, Protein, and Low-Fat & Fat-Free Milk

Students must choose 3 of 5 Meal Components 1 must be a 1/2 cup of fruit or veggie

2 BBQ Meatball Sub Sand w/WG Chips	3 Oven Baked Chicken Alfredo	4 Sweet & Sour Chicken over Rice	5 Sloppy Joes w/Chips	6 Alaskan Fish & Chips w/Roll
9 Tater Tot Casserole	10 Twisted Hot Dog w/Oven Baked Fries	11 Chicken Mashed Potato Bowl w/Roll	12 Spaghetti with Plant Based Tomato Sauce	13 Grilled Cheese Sandwich w/Mo's Clam Chowder
16 Lasagna Roll Ups w/Garlic Rip Stick	17 Baked Chicken Filet w/Cheesy Tater Tots & Roll	18 Pretzel w/Cheese Sauce (v)	19 Cheesy Breadsticks w/Marinara	20 No School
23 Cheesy Breadsticks w/Marinara	24 Pork Banh Mi Street Tacos	25 <i>High School</i> General Tso Chicken over Rice <i>Elementary</i> Teriyaki Chicken over Rice	26 Home Style Macaroni & Cheese	27 Fish Po' Boy w/Mexican Slaw
30 	31 Oven Baked Chicken Alfredo			

WW = Whole Wheat WG= Whole Grain

This institution is an equal opportunity provider
Menu Subject to Change

