

Master Menu 2018-2019

LHS - LMS - LIS

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---------------|------------------|--|----------------------|---------------------------------|--------------------------------------|--|--|
| MENU 1 | VALUE | Salisbury Steak w roll | Soft Shells(2) | Mini Corn Dogs | Pasta & Cheese | Fruit Yogurt Bar w/ French Toast bites | |
| | TIGER | Popcorn Shrimp | Nacho Hay Stack | Chicken Nuggets | Pasta Alfredo or Marinara | Deep Dish pizza | |
| | GOURMET | Kitchen Classic Entrée* | Burrito Bowl w/ rice | Big Daddy's pizza | Pasta & Sauce w/Meatballs or Chicken | Cheese Burger Deluxe | |
| | | | Black beans | | WG Mini Garlic Bread | | |
| | | Steamed Carrots | Refried beans | Seasoned Spinach | Broccoli | Green beans | |
| | | Mac & Cheese | Corn& Salsa | Cauliflower w/cheese | Brussels sprouts | Sweet Pumpkin Fluff | |
| | | Caesar Salad | Shredded Lettuce | Caesar Salad | Romaine Salad | Spinach Salad | |
| MENU 2 | VALUE | Apple Cinnamon French Toast w/ Sausage | Soft Shells(2) | School Pizza 4x6 | Pasta & Cheese | Grilled cheese | |
| | TIGER | Chicken Nuggets | Nacho Hay Stack | Coney Island hot dog w/ cheese | Pasta Alfredo or Marinara | Chicken Fingers | |
| | GOURMET | Pizza Hoagie | Burrito Bowl w/ rice | Chili, Cheese & Spaghetti 3-way | Pasta&Sauce w/Meatballs or Chicken | Bosco Sticks(2) | |
| | | | | | WG Mini Garlic Bread | | |
| | | Roasted Potatoes | Black beans | Broccoli w/Cheese Sauce | Steamed Vegetable Medley | Sautéed Spinach | |
| | | Vegetable Blend (European) | Refried beans | Waffle Fries | Parmesan Zucchini & Squash | Tomato Soup 6 oz | |
| | | | Corn& Salsa | | | | |
| Romaine Salad | Shredded Lettuce | Caesar Salad | Romaine Salad | Romaine Salad | | | |
| MENU 3 | VALUE | Salisbury Steak w/ roll | Soft Shells(2) | Sloppy Joe on WG Bun | Pasta & Cheese | Mini Corndogs | |
| | TIGER | Chicken Nuggets | Nacho Hay Stack | Deep Dish Pizza | Pasta Alfredo or Marinara | Fish nuggets | |
| | GOURMET | Kitchen Classic Entrée* | Burrito Bowl w/ rice | Noodle Bowl w/ Veggies | Pasta & Sauce w/Meatballs or Chicken | Big Daddy Pizza | |
| | | Steamed Carrots | Black beans | Hash browns | WG Mini Garlic Bread | Sweet Potato Fries | |
| | | Green Beans | Refried beans | Asian Veggies | Broccoli | Baked Beans | |
| | | Mashed Potatoes | Corn& Salsa | Cole Slaw | Steamed Carrots | Mac & Cheese | |
| | | Romaine Salad | Shredded Lettuce | Spinach Salad | Romaine Salad | Spinach Salad | |
| MENU 4 | VALUE | Meatball hoagie w/sauce | Soft Shells(2) | School Pizza 4x6 | Pasta & Cheese | Grilled cheese | |
| | TIGER | Pulled Pork on WG Bun | Nacho Hay Stack | Coney Island hot dog w/ cheese | Pasta Alfredo or Marinara | Chicken Fingers | |
| | GOURMET | Popcorn Chicken | Burrito Bowl w/ rice | Chili, Cheese & Spaghetti 3-way | Pasta & Sauce w/Meatballs or Chicken | Bosco Sticks(2) | |
| | | | Black beans | Seasoned Spinach | WG Mini Garlic Bread | | |
| | | Mashed Potatoes | Refried beans | Cauliflower w/cheese | Broccoli | Tomato Soup | |
| | | Peas | Corn& Salsa | Waffle Potatoes | Brussels sprouts | Green Beans | |
| | | Caesar Salad | Shredded Lettuce | Romaine Salad | Romaine Salad | Spinach Salad | |
| MENU 5 | VALUE | Mini Corn Dogs | Soft Shells(2) | Sloppy joe on WG bun | Pasta & Cheese | French Bread Pizza | |
| | TIGER | Popcorn Shrimp | Nacho Hay Stack | Chicken Nuggets | Pasta Alfredo or Marinara | Pulled Pork on WG Bun | |
| | GOURMET | Kitchen Classic | Burrito Bowl w/ rice | Tiger Club Sub | Pasta & Sauce w/Meatballs or Chicken | Popcorn chicken | |
| | | Broccoli w/Cheese Sauce | Black beans | Waffle Potatoes | WG Mini Garlic Bread | Sweet Potato Fries | |
| | | Zucchini Bake | Refried beans | Green Beans | Sautéed Spinach | Fresh Veggie Sticks | |
| | | Baked Beans | Corn & Salsa | Cole Slaw | Veggie Medly | | |
| | | Caesar Salad | Shredded Lettuce | Spinach Salad | Romaine Salad | Romaine Salad | |

2018-2019

LHS Breakfast Menu

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|--|--|--|--|--|--------|
| Grain Choices | Grab n Go Cereal | Blueberry Lemon Bread | Cinnamon Toast | Chocolate Chip Banana Bread | Grab N Go Poptart | |
| Fruit choices | Fruit juice | Fruit juice | Fruit juice | Fruit juice | Fruit juice | |
| Fruit choices | Variety of fresh fruit or fruit cup | Variety of fresh fruit or fruit cup | Variety of fresh fruit or fruit cup | Variety of fresh fruit or fruit cup | Variety of fresh fruit or fruit cup | |
| Milk Choices | 1% White or Fat Free White or Fat Free Chocolate | 1% White or Fat Free White or Fat Free Chocolate | 1% White or Fat Free White or Fat Free Chocolate | 1% White or Fat Free White or Fat Free Chocolate | 1% White or Fat Free White or Fat Free Chocolate | |
| ALTERNATE CHOICES TO OFFER: | | | | | | |
| Grain Choices | Bagel w/ Cream cheese | Yogurt Parfait w/ Gram crackers | French Toast Sticks | Oatmeal & Fruit Cups | Pancake Sausage on a stick | |
| | | Apple Crumb Loaf, Confetti Bread | | | | |

| Additional notes to Staff ::: | | |
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| Domino's @ LIS,LMS & LHS This is every other week. | LHS will have a salad bar everyday. | LHS will serve : Basket meals on Tuesday & Thursdays Hamburger, Cheeseburger, Spicy chicken, Regular Chicken, Riblet |
| | | These will have a variety of Sandwiches and Baked Fries or potato cakes |

