

LHS/ LJHS Lunch Menu, February 2023, 19 days

WEDNESDAY, 1

Hot ham & cheese on a bun
Tator rounds
Baked beans
Peaches

THURSDAY, 2

Rib
Au gratin potatoes
Cheesy carrots
Mixed fruit
Cookie

FRIDAY, 3

New Orleans Chicken over rice
Veggie egg roll
Broccoli
Pineapple

MONDAY, 6

Chicken patty on a bun
Sweet potato fries
Broccoli
Mandarin oranges

TUESDAY, 7

Salisbury steak w/brown gravy
Mashed potatoes & gravy
Corn
Peach crisp

WEDNESDAY, 8

Corn dog
Fries
Baked beans
Pineapple

THURSDAY, 9

Chicken strips
Alfredo sauce pasta
California blend vegetables
Pickled beets
Applesauce

FRIDAY, 10

Pizza
Salad
Carrots
Pears
Cookie

MONDAY, 13

Pork tenderloin on a bun
Tator tots
Cauliflower w/cheese
Peaches

TUESDAY, 14

Chicken enchilada
Coleslaw
Corn
Pears

WEDNESDAY, 15

BBQ on a bun
Chips & salsa
Green beans
Mixed fruit

THURSDAY, 16

Breaded raviolis & breaded
cheese stick w/marinara
Broccoli
Pineapple

FRIDAY, 17

Popcorn chicken
Mashed potatoes & gravy
Peas
Mandarin oranges
Muffin

MONDAY, 20

No school- Presidents Day

TUESDAY, 21

Grilled chicken
Cheesy hash brown casserole
Green bean casserole
Peach crisp

WEDNESDAY, 22

Cheese quesadilla w/salsa
Spanish rice
Salad
Mandarin oranges

THURSDAY, 23

Spaghetti w/meat sauce
Green beans
Applesauce

FRIDAY, 24

Pizza
Salad
Carrots
Mixed fruit
Cookie

MONDAY, 27

Chicken patty on a bun
Chips & salsa
Broccoli
Pears

TUESDAY, 28

Meatballs in mushroom gravy
Mashed potatoes & gravy
Corn
Peaches

All lunch meals served with 1/2 pt. of milk. Equal opportunity provider

Designate a snacking zone: Only allow snacking in certain areas, such as the kitchen, and avoid serving snacks during screen time. You'll save your child countless calories from mindless munching. For snacks on the go, offer a banana, string cheese, yogurt sticks, cereal bars, carrot sticks or other less messy foods... Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today!