



DECEMBER | 2018

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FAT FREE MILK Chicken fajita Served on ultra grain tortilla Green peppers and onions Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar	4 FAT FREE MILK Reduced fat macaroni and cheese Savory garlic toast Seasoned green beans Sliced pears Salad bar	5 FAT FREE MILK Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar	6 FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes & mixed fruit 100% fruit juice Salad bar	7 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar
10 FAT FREE MILK Tasty Honey Beef dippers Oven baked fries Whole grain breadstick Baby carrots and dip Mixed fruit Salad bar	11 FAT FREE MILK Hotdog cook-out day Hotdog on a whole grain bun Fun sized chips Body building baked beans Chilled pears Salad bar	12 FAT FREE MILK Asian stir fry day New Orleans's style General Tso' spicy chicken Stir fry veggies Fluffy wild rice Fortune cookie Mandarin oranges	13 FAT FREE MILK PASTA BAR DAY Assorted whole grain pasta Served with meat sauce Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar	14 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar
17 FAT FREE MILK Baked whole grain chicken nugget Cottage cheese/Granola Bar Mixed green garden salad Diced peaches Salad bar	18 FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar	19 FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked sweet potato puffs Baked beans Orange wedges Salad bar	20 FAT FREE MILK Classic homemade chili Whole grain crackers Baked whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar	21 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar
24 Featured daily vegetables Monday Spinach Tuesday Radish Wednesday Mushrooms Thursday Red peppers Friday Peas	25 NO SCHOOL CHRISTMAS BREAK	26 NO SCHOOL CHRISTMAS BREAK	27 NO SCHOOL CHRISTMAS BREAK	28 NO SCHOOL CHRISTMAS BREAK
31 "USDA is an equal opportunity provider and employer"				

News

Lunch prices 2018-19
Breakfast \$2.00
Elementary \$2.75
Middle school \$3.00
High School \$3.00

MILK CHOICES
INCLUDE FLAVORED
AND UNFLAVORED
FAT FREE MILK
DAILY WITH ALL MEALS

YOU MAY NOW
MAKE ON-LINE LUNCH
ACCOUNT
PAYMENTS

e-mail

bmaury@lawtoncs.org

kwalters@lawtoncs.org

For your
LOG-IN INFORMATION

LOG-IN AT
www.lawtoncs.org