

# SEPTEMBER | 2022



## LAWTON HIGH SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>29</b> FAT FREE MILK WG Baked chicken tenders Baked Crispy fries WG Dinner roll Golden corn Awesome applesauce Salad bar</p>	<p><b>30</b> FAT FREE MILK Mini corn dog bites Baked chips Bolstered baked beans Cinnamon applesauce Granola bar Salad bar</p>	<p><b>31</b> FAT FREE MILK French toast sticks Ham slice Scrambled eggs 100% fruit juice Apples and grapes Salad bar</p>	<p><b>1</b> FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>	<p><b>2</b> LABOR DAY BREAK NO SCHOOL</p> <p><b>USDA is an equal opportunity provider and employer</b></p>
<p><b>5</b> LABOR DAY BREAK NO SCHOOL</p> <p><b>USDA is an equal opportunity provider and employer</b></p>	<p><b>6</b> FAT FREE MILK Hot dog cook-out day Hot dog on a whole grain bun Fun sized chips Body building baked beans Chilled pears Salad bar</p>	<p><b>7</b> FAT FREE MILK Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar</p>	<p><b>8</b> FAT FREE MILK Reduced fat macaroni and cheese Savory garlic toast Seasoned green beans Sliced pears Salad bar</p>	<p><b>9</b> FAT FREE MILK PIZZA DAY FRENCH BREAD PIZZA Cheese or pepperoni pizza Steamed broccoli buds with cheese sauce Pineapple tid-bits Salad bar</p>
<p><b>12</b> FAT FREE MILK Baked whole grain chicken nugget Cottage cheese/Granola Bar Mixed green garden salad Diced peaches Salad bar</p>	<p><b>13</b> FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean &amp; corn fiesta Mixed fruit Salad bar</p>	<p><b>14</b> FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked sweet potato puffs Baked beans Orange wedges Salad bar</p>	<p><b>15</b> FAT FREE MILK Classic homemade chili/soup Whole grain crackers Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar</p>	<p><b>16</b> FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/sliced pears/salad bar</p>
<p><b>19</b> FAT FREE MILK Turkey club sub Turkey/bacon/cheese Served on a whole grain bun Baked beans Assorted chips Sliced peaches Salad bar</p>	<p><b>20</b> FAT FREE MILK Student favorite Walking taco meat/cheese Special Dorito Boat Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar</p>	<p><b>21</b> FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes &amp; mixed fruit 100% fruit juice Salad bar</p>	<p><b>22</b> FAT FREE MILK Honey BBQ Rib Sandwich Served on a whole grain bun Fun sized chips Corn on the cob Assorted fresh fruit bowl Salad bar</p>	<p><b>23</b> FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/sliced pears/salad bar</p>
<p><b>26</b> FAT FREE MILK BAKED CHICKEN Baked potato wedges Baked beans Baby carrots and dip Mixed munchie melon Salad bar</p>	<p><b>27</b> FAT FREE MILK Champion Bnls BBQ Chicken Wing Wh Grain Twisted Breadstick Oven baked fries Seasoned Green Beans Pineapple&amp; orange wedges Salad bar</p>	<p><b>28</b> 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</p>	<p><b>29</b> FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>	<p><b>30</b> NO SCHOOL TEACHER PD DAY</p>

### News

WELCOME BACK FOR SCHOOL YEAR 2022-23

ALL USDA WAIVERS FOR FREE MEALS FOR EVERYONE HAS NOW ENDED! THIS YEAR'S MEALS RETURN TO FULL PAY STATUS OR THE MEAL STATUS DETERMINED ON YOUR LUNCH MEAL APPLICATION.

PLEASE MAKE SURE TO FILL OUT A NEW LUNCH MEAL APPLICATION FOR THIS SCHOOL YEAR! 2022-2023

**LUNCH APPLICATIONS ARE AVAILABLE IN ALL OUR BUILDINGS OR ON OUR LAWTON COMMUNITY SCHOOLS WEBSITE.**

ALL BREAKFAST AND LUNCH MEAL PRICES WILL REMAIN THE SAME AND ARE UNCHANGE FROM 2019-2020.

**Lunch prices 2022-23**

**Breakfast \$2.50**

**Elementary \$2.85**

**Middle school \$3.25**

**High School \$3.25**

**MILK CHOICES**

**INCLUDE FLAVORED**

**AND UNFLAVORED**

**FAT FREE MILK**

**DAILY WITH ALL MEALS**

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

