



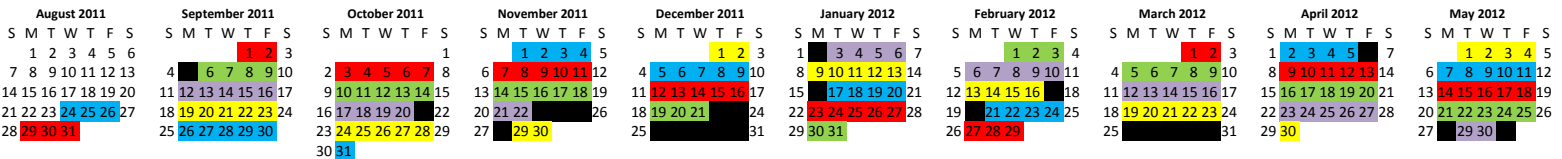
Lakewood High School Lakewood Middle School

2011/2012 Lunch Menu

Student Lunch: \$2.35/ Reduced 40¢
 Salad Meal: \$2.35
 Extra Milk: 50¢
 100% Juice & Water: \$1.00
STUDENTS MAY NOT CHARGE LUNCH

MONDAY - FRIDAY	BREAKFAST MENU
	Assorted Cereal
	Whole Grain Pastries
	Fruit or Fruit Juice
	Yogurt
	Milk
	Breakfast is served free of charge to all students who arrive to school on time

Lunch Menu #1				
Popcorn Chicken Bowl Whipped Potatoes/Gravy Golden Corn Wheat Roll Cookie Milk	Meatball Sub Sandwich California Vegetable Mix Fruit Choice Baked Chips Milk	English Muffin Pizza Garden Salad Fruit Medley Sherbet Cup Milk	Chicken Caesar Wrap Sweet Potato Fries Fruit Salad Pudding Parfait Milk	Grilled Cheese Sandwich Tomato Soup Fruit Choice Goldfish Crackers Milk
Lunch Menu #2				
Baked Chicken Fillet on wheat bun Golden Corn Chilled Peaches Mini Muffin Milk	Turkey, Bacon & Cheese Roll Steamed Vegetables Fresh Fruit Mini Rice Krispie Treat Milk	Pizza Mixed Vegetables Fruit Choice Sherbet Cup Milk	Baked Pasta Primavera Garden Salad Seasoned Green Beans Garlic Breadstick Cinnamon Pear Cake Milk	Corn Dog Cheeseburger Chowder Garden Salad Fresh Orange Slices Cookie Milk
Lunch Menu #3				
Mini Twin Chicken Sandwich Broccoli & Cheese Fruit Choice Cookie Milk	Grilled Burger on whole grain bun Baked Fries Vegetable Baked Beans Creamy Cole Slaw Cookie Milk	Pizza In A Pocket Garden Salad Fruit Choice Butterscotch Brownie Milk	Turkey & Noodle Casserole Seasoned Green Beans Chilled Fruit Apple Dessert Milk	Foot Long Hot Dog or Fish Fillet Sandwich on wheat bun Minestrone Soup Fruit Juice Bar Milk
Lunch Menu #4				
General Tso or Sweet & Sour Chicken Not Fried Rice Mandarin Oranges Vegetable Egg Roll & Fortune Cookie Milk	Soft Taco w/cheese & salsa Mexi Corn & Black Beans Fruit Cup Gingerbread & Topping Milk	Pizza Boat Mixed Vegetables Pineapple Tidbits Pudding Parfait Milk	Stacked Turkey & Cheese on Bagel Roll Honey Carrots Apples & Dip Cookie Milk	Tuna Salad Sandwich or Peanut Butter & Jelly on wheat Seasoned Peas Fruit Cup Blueberry Shortcake Milk
Lunch Menu #5				
Chicken Tenders Whipped Potatoes Fruit Cup Mini Muffin Milk	Steak & Cheese Hoagie Baked Seasoned Fries Warm Cinnamon Apples Fruit Juice Bar Milk	Assorted Pizza Garden Salad Chilled Peach Cup Brownie Bar Milk	Pulled Pork Sandwich or Crispy Chicken Salad Steamed Broccoli Fruit Cup Pretzel Milk	Cheese Quesadilla Veggies & Dip Fruit Choice Oatmeal Cookie Milk



Follow the menu with its calendar day. Each week is represented by a different color and works on a 5-week cycle menu.

Parents are encouraged to prepay for lunches. Please reference your child's full name and PIN number on the check.
 Free and Reduced-price applications are available at any of the school offices or online. You may apply any time during the school year.

LAKWOOD'S LUNCH MENUS MEET OR EXCEED THE USDA GUIDELINES FOR CHILD NUTRITION LUNCH PROGRAMS.

Menu subject to change due to availability of foods and emergency school closings.

We cannot guarantee trace values of allergens due to manufacture production, alterations, substitutions or recipe changes.

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