

# LCSD#1

## Secondary Lunch Menu January 2018

Join us for lunch on your birthday and get a free a la carte item!



# 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Submit your recipe for the Iron Chef Contest by **January 12th!**  
More info at [nutrition.laramie1.org](http://nutrition.laramie1.org)

	<b>2</b> <b>Chicken Tenders:</b> <b>Original -or- Spicy</b> Side: Seasoned Green Beans	<b>3</b> <b>Breakfast for Lunch</b> ✓ Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	<b>4</b> <b>Cook's Choice</b> <b>See Your Cafe for Today's Selection</b> Side: Fresh Veggie Patch ☆☆Frozen Strawberry Yogurt Pie☆☆	
<b>8</b> <b>Roast Chicken Drumsticks with Mashed Potatoes</b> Side: Steamed Corn & Baby Carrots ☆☆Frozen Fudge Bar☆☆	<b>9</b> <b>Traditional Fish and Chips with Malt Vinegar and Tartar Sauce</b> Side: Fresh Veggie Patch	<b>10</b> <b>Homemade Chili and Cinnamon Roll</b> Side: Fresh Veggie Patch	<b>11</b> <b>Grilled Cheese and Tomato Soup</b> Now Made with Cheddar Cheese! Side: Fresh Veggie Patch	<b>12</b> <b>Burger Baskets</b> <b>Build Your Own!</b> Side: Fresh Veggie Patch Customize your Lunch!
<b>15</b> <b>No School</b> 	<b>16</b> <b>Mini Corn Dogs</b> Side: Seasoned Green Beans	<b>17</b> <b>Breakfast for Lunch</b> ✓ Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	<b>18</b> <b>ASIAN BOWLS</b> <b>Build Your Own!</b> Side: Fresh Veggie Patch Customize your Lunch! ☆☆Banana Bread☆☆	<b>19</b> <b>No School – Secondary Only</b>
<b>22</b> <b>Steak Fingers with Dippin' Gravy and Cornbread</b> Side: Cheesy Broccoli	<b>23</b> <b>Upside Down Turkey Pot Pie</b> Side: Fresh Veggie Patch	<b>24</b> <b>Super Nachos</b> Sides: Refried Black Beans Shredded Lettuce Diced Tomatoes	<b>25</b> <b>Meatball Sub with Potato Wedges</b> Side: Fresh Veggie Patch	<b>26</b> <b>SUPER BURRITOS</b> <b>Build Your Own!</b> Side: Mexicali Corn ☆☆Cookie☆☆ Customize your Lunch!
<b>29</b> <b>Chicken Tenders:</b> <b>Original -or- Spicy</b> Sides: Baked Beans & Baby Carrots ☆☆Cookie☆☆	<b>30</b> <b>Meatballs with Gravy over Mashed Potatoes</b> Side: Fresh Veggie Patch	<b>31</b> <b>Breakfast for Lunch</b> ✓ Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	- Vegetarian - Spicy P – Contains Pork	Menu subject to change based on availability. This institution is an equal opportunity provider.

In addition to the main entrée line, each Secondary School has several other entrée options customized for the students at their school.  
(Not all choices are available every day. See your cafe for the daily menu.)

**Hot Sandwiches:**  
 Chicken Patty,  
 Spicy Chicken Patty,  
 All-Beef Cheeseburger

**Lighter Options:**  
 Cheddar Baked Potato ✓  
 Assorted Salads  
 Salad Shakers  
 Deli Sandwiches  
 Wraps

**Pizza Slice:**  
 Cheese ✓  
 or Pepperoni daily.

All meals include your choice of fruit, vegetables and milk.  
 A la carte options are sold separately.

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks ✓	Biscuits & Gravy-P	Breakfast Burrito-P	Waffles & Sausage	Breakfast Burrito-P

Secondary Breakfast Prices: - Free, Reduced: \$0.30, Paid: \$1.50, Adult: \$2.00

In addition to the regular menu above, students will have other entrée choices such as Breakfast Sandwiches, Pancake on a Stick - P, Smoothies, Ultimate Breakfast Round, Breakfast Bar, Yogurt Parfait with Granola, Bagel & Cream Cheese, and a variety of whole grain cold cereal. Each meal also comes with your choice of fruit, juice, and milk.  
(P-Contains Pork)



### Secondary Lunch Prices

Free

Reduced: \$0.40

Paid: \$2.60

Adults/Visitors: \$4.00

This institution is an equal opportunity provider.

### Looking For a Job?

We hire throughout the year!  
Check out [www.laramie1.org](http://www.laramie1.org)  
For employment opportunities!



### Student Meal Accounts Online

You can easily manage your student's meal account at [www.myschoolbucks.com](http://www.myschoolbucks.com)

*Free online services include*

- Set up email alerts for low balances
- View your student's purchases

Only \$2.49 Credit Card Fee to add money to your student's account online. Checks and cash accepted at your student's school at no extra charge.

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all school year. It's quick and easy!

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