










LCSD#1

Secondary Lunch Menu August/September 2018

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



BACK TO SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 No School 3 	Breakfast for Lunch 28 ✓ Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	Mini Corn Dogs 29 Side: Seasoned Green Beans	 Potato Bar 30 Build Your Own! Side: Fresh Veggie Patch Customize your Lunch!	Italian Pasta Bar 31 Build Your Own! Side: Fresh Veggie Patch Customize your Lunch! ☆☆Cookie☆☆
BBQ Chicken Drumsticks 10 Sides: Baked Beans & Baby Carrots	Chicken Tenders Original -or- Spicy 4 Sides: Steamed Corn & Baby Carrots	 Super Nachos 5 Side: Refried Beans Shredded Lettuce Diced Tomatoes	 Philly Cheesesteak Sandwich 6 Side: Fresh Veggie Patch	Burger Baskets 7 Build Your Own! Side: Fresh Veggie Patch Customize your Lunch! ☆☆Frozen Strawberry Cup☆☆
Mini Corn Dogs 17 Side: Cheesy Broccoli	Turkey Gravy Over Mashed Potatoes 11 Side: Fresh Veggie Patch ☆☆Banana Bread☆☆	 Breakfast for Lunch 12 ✓ Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	 Quesadillas with Refried Beans 13 See Your Cafe for Today's Selection Side: Fresh Veggie Patch	SUPER BURRITOS 14 Build Your Own! Side: Mexicali Corn Customize your Lunch! ☆☆Frozen Fruit Cup☆☆
Chicken Drumsticks with Mashed Potatoes 24 Side: Baby Carrots ☆☆Apple Crisp☆☆	 Cook's Choice 18 See Your Cafe for Today's Selection Side: Fresh Veggie Patch ☆☆Frozen Strawberry Yogurt Pie☆☆	Homemade Chili & Cinnamon Roll 19 Side: Fresh Veggie Patch	 Meatball Sandwich with Potato Wedges 20 Side: Fresh Veggie Patch	ASIAN BOWLS 21 Build Your Own! Side: Fresh Veggie Patch Customize your Lunch!
Beef Stroganoff Over Brown Rice 25 Sides: Fresh Veggie Patch	Breakfast for Lunch 26 ✓ Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	 Potato Bar 27 Build Your Own! Side: Fresh Veggie Patch Customize your Lunch!	Italian Pasta Bar 28 Build Your Own! Side: Fresh Veggie Patch Customize your Lunch! ☆☆Cookie☆☆	

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.



 - Vegetarian
 - Spicy
 P - Contains Pork

Menu subject to change based on availability.

This institution is an equal opportunity provider.

Breakfast Menu

August/September 2018

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



Student Meal Accounts Online

You can easily manage your student's meal account at 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.

Free and Reduced Applications are accepted all school year. It's quick and easy!

Go to www.myschoolapps.com

Call 771-2440 for paper applications and any questions.

Looking For a Job?

We hire throughout the year!
Check out www.laramie1.org
For employment opportunities!

This institution is an equal opportunity provider.

