

# Lewis County Schools





## Hot Lunch Menu

Menu is subject to change due to market conditions, availability of food and special school activities.



# August

## 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk is served with all meals.</p> <p>Water is available with all meals.</p>	 <p><b>LCHS, RBMS, ST PATS</b> Apply for Free or Reduced Meals Online at <a href="http://www.schoolcafe.com">www.schoolcafe.com</a> Fast, Quick &amp; Easy No Paperwork to send back</p> 			<p><b>LCHS Only</b> In addition to reg line:</p> <p>Mon - Sandwich w/Fruit&amp;Veg Bar Tues - Cooks' Choice Wed - Salad Bar Thur - Potato Bar Fri - Pizza w/Fruit&amp;Veg Bar</p>
<h1>WELCOME BACK!!</h1>			<p>8</p> <div style="border: 1px solid blue; border-radius: 15px; padding: 10px;"> <p>Jane Lew, Leading Crk, Roanoke &amp; PCES are CEO Schools for FY19-20.</p> <p>All meals are FREE for all students at those schools</p> </div>	<p>9</p>
12	<p>13</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>High FIVE to a Great Year!</p> </div>	<p>14 Sausage Biscuit, Juice, Fruit, Milk</p> <p>Chicken Nuggets Mashed Potatoes Green Beans Hot Roll Fruit</p>	<p>15 Mini Pancakes, Juice, Fruit, Milk</p> <p>Fish Sticks Mac &amp; Cheese Broccoli w/ Parmesan Cheese Carrot Sticks Fruit</p>	<p>16 Churro, Juice, Fruit, Milk</p> <p>Pizza Fresh Garden Salad Corn Fresh Fruit Sugar Cookie</p> 
<p>19 Benefit Bar, Juice, Fruit, Milk</p> <p>Pepperoni Roll Mac &amp; Cheese Broccoli w/ Parmesan Cheese Carrot Sticks Fruit Yogurt</p>	<p>20 Mini French Toast, Juice, Fruit, Milk</p> <p>Spaghetti w/meatsauce Tossed Salad Green Beans Bread Stick Fresh Fruit</p>	<p>21 Frudels, Juice, Fruit, Milk</p> <p>BBQ Rib Patty Sandwich Onion Rings Baked Beans Fruit</p> <p style="text-align: center;"><b>EARLY DISMISSAL</b></p>	<p>22 Yogurt, Cereal Bar, Juice, Fruit, Milk</p> <p>Meatloaf Mashed Potatoes Peas Hot Roll Fruit</p>	<p>23 Breakfast Bread, Juice, Fruit, Milk</p> <p>Chicken Fajita Lettuce/Tomato/Cheese Salsa/Refried Beans Rice Sidekick Slushie</p>
<p>26 Mini Waffles, Juice, Fruit, Milk</p> <p>Grilled Chicken Sand Sweet Potato Fries Veggies &amp; Dip Fruit</p> 	<p>27 Muffins, Juice, Fruit, Milk</p> <p style="text-align: center;"><i>Taco Tuesday</i></p> <p>Soft Taco -Tortilla Shell Meat, Cheese, Lettuce, Tomato, Salsa Corn Fruit Smoothie Cookie</p>	<p>28 Bacon, Egg &amp; Cheese Croissant, Juice, Fruit, Milk</p> <p>Salisbury Steak Mashed Potatoes Green Beans Hot Roll Fruit</p>	<p>29 Pancake Sausage Wrap, Juice, Fruit, Milk</p> <p>Meatball Hoagie Potato Wedges Broccoli/dip Fresh Fruit Sugar Cookie</p>	<p>30 Scrambled Eggs &amp; Toast, Juice, Fruit, Milk</p> <p style="text-align: center;"><i>End of Summer Picnic</i> <i>Farm To School</i></p> <p>Hamburger/Cheeseburger Lettuce/Tomato Baked Beans Tomato &amp; Cucumbers Fruit</p>

"This institution is an equal opportunity provider and employer."

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