

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| This Menu is subject to change without notice | | 1 Waffle/sryup IW assorted fruit milk or latte' | 2 French toast sticks/ syrup assorted fruit or juice milk or latte' | 3 Assorted bread IW assorted fruit milk or latte' |
| 6 Labor Day No School | 7 Fair week No School | 8 Fair week No School | 9 Fair Week No School | 10 Fair Week No School |
| 13 Staff in Service Day No School for students | 14 Glazed donut wg assorted fruit or juice milk or latte' | 15 WG Biscuit/gravy assorted fruit milk or latte' | 16 WG bagel/ IW cream cheese cup assorted fruit or juice milk or latte' | 17 Panckes/syrup IW assorted fruit milk or latte' |
| 20 Muffin wg IW assorted fruit milk or latte' | 21 Egg n Cheese/ wg croissant assorted fruit or juice milk or latte' | 22 French toast bites assorted fruit milk or latte' | 23 Mini Choc donut wg assorted fruit or juice milk or latte' | 24 Pancakes/sausage assorted fruit milk or latte' |
| 27 Super donut IW assorted fruit milk or latte' | 28 Cinnamon Roll wg assorted fruit or juice milk or latte' | 29 Ham and Cheese/ wg croissant assorted fruit milk or latte' | 30 Benefit Bar IW assorted fruit or juice milk or latte' | |

The Mustang Café

opens at 7:10 for breakfast In the cafeteria

We serve assorted breakfast items and Hot or cold latte' for breakfast. There is seating in the cafeteria with a seating chart for students.

The Breakfast offers 2 breads, or 1 meat & 1 bread with fruit and milk or latte'. You may take a minimum of 3 of the items if you choose.

Breakfast ends 8:35
If you have any questions please ask the cafeteria staff.

We are wishing you a great school year and hope to see you at the café.

Go Mustangs!

LCHS

Lunch

September

2021

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|--|---|--|---|--|
| <p>This Menu is subject to change without notice.</p> <p>This institution is an equal opportunity provider</p> | | <p>1 Chicken Nuggets/ sauce fresh veggie cups/ranch or steamed broccoli assorted fruit cup milk, dinner roll</p> | <p>2 Chicken Patty/ wg bun/ lettuce,pickle,tomato slice, mayo pkt greenbeans assorted fruit or juice milk</p> | <p>3 Pizza corn or toss salad/drsg assorted fruit milk dessert</p> |
| <p>6 Labor Day No School</p> | <p>7 Fair Week No School</p> | <p>8 Fair Week No School</p> | <p>9 Fair Week No School</p> | <p>10 Fair Week No School</p> |
| <p>13 Staff in Service Day No School for students</p> | <p>14 Cheeseburger/wg bun lettuce,tomato slice, pickle, onion reg or sweet potato, fries assorted fruit or juice milk</p> | <p>15 Bosco sticks/sauce toss salad or corn assorted fruit cup milk WG cookie</p> | <p>16 Chicken Strips/Sauce soft pretzel wg greenbeans assorted fruit or juice milk</p> | <p>17 Walking Taco lettuce.refried beans, cheese cup, salsa assorted fruit milk sour cream pkt</p> |
| <p>20 Popcorn chicken wrap lettuce,tomato,cheese cup ranch cup assorted fruit milk soft pretzel wg</p> | <p>21 Calzone/sauce Steamed broccoli or seasoned carrots assorted fruit or juice milk</p> | <p>22 Chicken Nuggets/ sauce fresh veggies/ranch assorted fruit cup milk dinner roll</p> | <p>23 Chicken patty/wg bun lettuce, tomato,pickle baked beans assorted fruit or juice milk</p> | <p>24 Pizza corn or toss salad/drsg assorted fruit milk wg cookie</p> |
| <p>27 Chicken strips/sauce Toss salad/drsg or corn assorted fruit milk Ice cream</p> | <p>28 Chicken Quesadilla sour cream pkt, salsa toss salad/drsg assorted fruit or juice milk</p> | <p>29 Bosco sticks/sauce toss salad/drsg or brussel sprouts assorted fruit cup milk</p> | <p>30 Pizza bread fresh veggies/ranch assorted fruit or juice milk wg cookie</p> | |

We will be offering whole grain (wg) products. *We will also be offering red/orange,beans/lentils, starchy, and other new veggies to our menu. If you do not like the entrée offered you may sub something from the ala carte offered.

We are on a offer vs serve meal pattern. This states that we offer 5 food group items, such as meat/meat alternate, whole grains,vegetables, fruits, and dairy. The students may take all that is offered or they may refuse up to 2 group items for a type A lunch. One of the lunch items must be a vegetable or fruit serving size up to 1 cup according to the healthy hunger alliance. We will start cycle menus after the fair