



FEBRUARY | 2019

LAKESWOOD LOCAL SCHOOLS

HIGH SCHOOL AND MIDDLE SCHOOL

CHEF SALAD IS OFFERED AS A THIRD LUNCH CHOICE DAILY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 CARROTEENIES ARE OFFERED AS A SECOND VEGETABLE CHOICE DAILY</p>	<p>29 ALL GRAINS SERVED ARE MADE FROM WHOLE GRAIN</p>	<p>30 DOMINO'S SCHEDULE LHS-02-06-2018 LMS-02-13-2018 JACKSON-02-20-2018 HEBRON-02-27-2018</p>	<p>31</p>	<p>1 NO SCHOOL STAFF IN SERVICE</p>
<p>4 #1 Chicken Nuggets w/Dinner Roll #2 Hot Beef Sandwich Baked Beans Fruit Milk</p>	<p>5 #1 Spaghetti w/ Breadstick #2 Hot Ham and Cheese Sub Tossed Romaine salad Fruit Ice Cream Milk</p>	<p>6 #1 Pizza #2 Grilled Chicken Romaine Salad w/Dinner Roll Steamed Corn Fruit Milk</p>	<p>#1 Bacon Cheeseburger #2 Spicy Chicken Sandwich Baked French Fries Fruit Milk</p>	<p>8 #1 Cheesy Boscós #2 Calzone Marinara Sauce Steamed Green Beans Fruit Milk</p>
<p>11 #1 Lancer Popcorn Chicken Bowl #2 Popcorn Chicken Dinner Roll Mashed Potatoes Fruit Milk</p>	<p>12 #1 Chicken Alfredo w/ Breadstick #2 Hot Italian Sub Steamed Broccoli Fruit Milk</p>	<p>13 #1 Pizza #2 Egg Salad Sandwich Steamed Green Beans Fruit Milk</p>	<p>14 #1 Walking Taco #2 Taco Salad Refried Beans Fruit Valentine Cookie Milk</p>	<p>15 #1 Chicken Patty Sandwich #2 Meatball Sub Baked French Fries Fruit Milk</p>
<p>18 NO SCHOOL</p>	<p>19 #1 Pizza Casserole w/ Breadstick #2 BBQ Grilled Chicken Sandwich Tossed Romaine Salad Fruit Milk</p>	<p>20 #1 Pizza #2 P. B. and Jelly Pocket Carrroteenies w/ Ranch Fruit Milk</p>	<p>21 #1 Eggo Mini Pancakes #2 Egg and Cheese Omelet w/Toast Sausage Links Tater Tots Fruit Milk</p>	<p>22 #1 Grilled Cheese Sandwich #2 Grilled Ham and Cheese sandwich Tomato Soup Celery Fruit Milk</p>
<p>25 #1 Chicken Wrap #2 Chicken Strips w/Dinner Roll Baked Beans Fruit Milk</p>	<p>26 #1 Macaroni and Cheese w/ Dinner Roll #2 Hot Dog Steamed Broccoli Fruit Milk</p>	<p>27 #1 Pizza #2 Tuna Salad Sandwich Steamed Green Beans Fruit Milk</p>	<p>28 #1 Cheeseburger #2 Corn Dog Baked French Fries Fruit Milk</p>	<p>1 Menus are subject to change due to availability of foods or unplanned school CLOSINGS</p>

BREAKFAST

Monday- Poptarts or cereal with cheese stick

Tuesday- Breakfast Pizza or Cereal with goldfish crackers

Wednesday- Muffin with cheese stick or Cereal with Cheese stick

Thursday- Texas Toast or cereal with graham snacks

Friday- Frudel or Cereal w/ cheese stick

Fruit, Milk and Juice are offered with all breakfast entrees.

Students who eat breakfast are more likely to maintain a healthy weight and are able to concentrate better in class. Feed your body the right fuel to

perform your best!!