

# AUGUST | 2022



LAKWOOD LOCAL SCHOOLS HIGH SCHOOL AND MIDDLE SCHOOL  
CHEF SALAD IS OFFERED DAILY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Carroteenies offered daily as a second vegetable choice	2	3	4	5
8	9 WELCOME	10 BACK	11 LANCERS!!	12
15 STAFF PROFESSIONAL DEVELOPMENT DAY	16 STAFF PROFESSIONAL DEVELOPMENT DAY	17 STAFF PROFESSIONAL DEVELOPMENT DAY	18 #1 Turkey Wrap w/ Ranch #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk	19 #1 Cheeseburger #2 P.B. and Jelly Pocket Baked French Fries Fruit Rice Krispie Treat Milk
22 #1 Chicken Wrap #2 P.B. and Jelly Pocket Baked Beans Fruit Milk	23 #1 Deli Sub #2 P.B. and Jelly Pocket Baked Tater Tots Fruit Cookie Milk	24 #1 Pizza #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk	25 #1 Buffalo Chicken Dip w/ Tortilla Chips #2 P.B. and Jelly Pocket Celery w/Ranch Fruit Milk	26 #1 Bosco Stix w/Marinara #2 P.B. and Jelly Pocket Steamed California Blend Fruit Milk
29 #1 Chicken Patty #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk	30 #1 Soft Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk	31 #1 Pizza #2 P.B. and Jelly Pocket Cucumbers W/ Ranch Fruit Milk	1 #1 Macaroni and Cheese #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk	2 #1 Ham and Cheese Wrap w/Ranch #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk

## MEAL PRICES

**Student Lunch-\$3.00**

**Adult Lunch-\$4.00**

**Student Breakfast-  
\$1.50**

**Adult Breakfast-\$2.00**

**Extra Milk-\$.50**

## BREAKFAST MENU

DAILY CHOICES MAY  
INCLUDE:

Eggo Pancakes/Waffles  
Tony's Breakfast Pizza  
Egg and Cheese Omelet/Toast  
Assorted Kellogg Cereals  
Whole Grain Pastries  
Whole Grain Pop Tarts  
Cereal Bars  
Warm Breakfast Sandwiches  
Cheese Stick  
Yogurt Cup  
Cocoa bar  
Texas Toast

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!!

**ALL GRAINS SERVED ARE  
MADE FROM WHOLE  
GRAINS**