



JANUARY | 2022

LAKESWOOD LOCAL SCHOOLS

HIGH SCHOOL AND MIDDLE SCHOOL All students

receive free meals

MONDAY

TUESDAY

CHEF SALAD IS OFFERED DAILY FRIDAY

<p>3 NO SCHOOL</p>	<p>4 #1 Hamburger w/ Cheese slice #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>	<p>5 #1 Pizza #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>6 #1 Buffalo Chicken Dip w/ Tortilla Chips #2 P.B. and Jelly Pocket Celery w/ Ranch Fruit Milk</p>	<p>7 #1 Fish Sandwich #2 P.B. and Jelly Pocket Steamed Broccoli w/ Cheese Fruit Cookie Milk</p>
<p>10 #1 Popcorn Chicken and Rice Bowl #2 P.B. and Jelly Pocket Steamed California Blend Fruit Rice Krispie Treat Milk</p>	<p>11 #1 Johnny Marzetti w/ Breadstick #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>12 #1 Pizza #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk</p>	<p>13 #1 Hot Dog #2 P.B. and Jelly Pocket Baked Beans Fruit Milk</p>	<p>14 #1 Cheesy Garlic Bread w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>
<p>17 NO SCHOOL</p>	<p>18 #1 Walking Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk</p>	<p>19 #1 Pizza #2 P.B. and Jelly Pocket Cucumbers w/ Ranch Fruit Milk</p>	<p>20 #1 Chicken Alfredo w/ Breadstick #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p>21 #1 Hot Italian Sub #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>
<p>24 #1 Chicken Strips Dinner Roll #2 P.B. and Jelly Pocket Baked Beans Fruit Milk</p>	<p>25 #1 Corn Dog #2 P.B. and Jelly Pocket Baked French Fries Fruit Ice Cream Milk</p>	<p>26 #1 Pizza #2 P.B. and Jelly Pocket Carroteenies w/ Ranch Fruit Milk</p>	<p>27 #1 Macaroni and Cheese w/ Dinner Roll #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p>28 #1 Bosco Stix w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>
<p>31 #1 Chicken Patty Sandwich #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>	<p>1 #1 Baked Spaghetti w/ Breadstick #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>2 JET'S PIZZA SCHEDULE Jan. 5-LHS Jan. 12- LMS Jan. 19-Jackson Intermediate Jan.-Hebron</p>	<p>3 CARROTEENIES OFFERED AS A SECOND VEGETABLE CHOICE DAILY</p>	<p>4 MENU SUBJECT TO CHANGE DUE TO SUPPLY SHORTAGES</p>

MEAL PRICES

Student Lunch-FREE

Adult Lunch-\$3.60

Student Breakfast-FREE

Adult Breakfast-\$1.30

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