



**Freshly Prepared Chef Salads are Available Daily**

Fresh Fruit, Chilled Fruit or Vegetable is available daily

Choice of Milk Daily - 1% Fat, Non-Fat White Milk & Non-Fat Chocolate Milk

\*These items contain pork \*\*These items may contain pork

**LUNCH  
GRADES K-5**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
Chicken Tenders Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup <b>Choice of Whole Grain Crackers</b> 3	Grilled Cheese Sandwich Potato Rounds Fresh Fruit or Chilled Fruit Cup 4	Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup 5	Cheese Pizza Fresh Fruit or Chilled Fruit Cup <b>Minute Maid Frozen Juice</b> 6	Bean & Cheese Burrito Spanish Rice Fresh Bunny Luv Carrots w/ Dip Fresh Fruit or Chilled Fruit Cup 7										
Chicken Sticks Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup <b>Choice of Whole Grain Crackers</b> 10	Corn Dog on a Stick Potato Rounds Fresh Fruit or Chilled Fruit Cup 11	Hamburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup 12	Pepperoni & Cheese Pizza* Fresh Fruit or Chilled Fruit Cup <b>Luigi's Fruit Sherbet Cup</b> 13	Teriyaki Chicken Steamed Rice Fresh Broccoli Florets w/ Dip Fresh Fruit or Chilled Fruit Cup 14										
Breaded Chicken Sandwich Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup 17	Soft Taco w/Flour Tortilla Shredded Lettuce Fresh Fruit or Chilled Fruit Cup <b>Chocolate Muffin</b> 18	Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup 19	Cheese Pizza Fresh Fruit or Chilled Fruit Cup <b>Minute Maid Frozen Juice</b> 20	Bean & Cheese Burrito Spanish Rice Fresh Bunny Luv Carrots w/ Dip Fresh Fruit or Chilled Fruit Cup 21										
Chicken Nuggets Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup <b>Choice of Whole Grain Crackers</b> 24	Hot Dog on a Bun Potato Rounds Fresh Fruit or Chilled Fruit Cup 25	Hamburger on a Bun Oven Crisp Fries Fresh Fruit or Chilled Fruit Cup 26	Pepperoni & Cheese Pizza* Fresh Fruit or Chilled Fruit Cup <b>Luigi's Fruit Sherbet Cup</b> 27	Chicken Fajitas w/ Tortilla Spanish Rice Fresh Broccoli Florets w/ Dip Fresh Fruit or Chilled Fruit Cup 28										
Chicken Tenders Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup <b>Choice of Whole Grain Crackers</b> 31	<p style="text-align: center;"><b>EACH YEAR A NEW MEAL APPLICATION MUST BE SUBMITTED AND APPROVED TO CONTINUE IN THE FREE AND REDUCED MEAL PROGRAM FOR THE 2011-2012 SCHOOL YEAR.</b></p> <p>Children need protein and limited amounts of fat to support growth and development. School meals provide nutritional foods such as low-fat dairy products, lean meats, whole grains, fresh fruit and vegetables.</p>			<p><b>Lunch Prices</b> (includes milk)</p> <table border="1"> <tr> <td><b>Paid</b></td> <td><b>\$2.00</b></td> </tr> <tr> <td><b>Reduced</b></td> <td><b>.40</b></td> </tr> <tr> <td><b>Adult</b></td> <td><b>3.00</b></td> </tr> <tr> <td><b>Milk (8 oz.)</b></td> <td><b>.30</b></td> </tr> <tr> <td><b>Juice (4 oz.)</b></td> <td><b>.25</b></td> </tr> </table>	<b>Paid</b>	<b>\$2.00</b>	<b>Reduced</b>	<b>.40</b>	<b>Adult</b>	<b>3.00</b>	<b>Milk (8 oz.)</b>	<b>.30</b>	<b>Juice (4 oz.)</b>	<b>.25</b>
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**Did you know you can make pre-payments directly to your child's meal account?** Please take advantage of the options to prepay your student's meal accounts. Prepaid meal accounts help the lunch lines go faster and gives students more time to eat, relax, and play. It also gives you the peace of mind of not having to worry about looking for lunch money everyday or worry that it might get lost, stolen or used for things other than lunch. Please ask the school cashier for details or call (562) 690-2318

Visit our District website for monthly menus @[www.lhcsd.k12.ca.us/food.html](http://www.lhcsd.k12.ca.us/food.html)