

AUGUST 29 - SEPTEMBER 30, 2011

**LUNCH
GRADES K - 5**



Freshly Prepared Chef Salads are Available Daily Beginning 9/6/11

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Pack Fresh Fruit or Fruit Snack 100% Fruit Juice 29-Aug	Chicken Tenders Potato Rounds Fresh Fruit or Chilled Fruit Cup Choice of Whole Grain Crackers 30-Aug	Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup 31-Aug	Cheese Pizza Fresh Fruit or Chilled Fruit Cup Minute Maid Frozen Juice 1-Sep	Bean & Cheese Burrito Spanish Rice 100% Fruit Juice Fresh Fruit or Chilled Fruit Cup 2-Sep
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p><u>Lunch Prices</u> (includes milk)</p> <p>Paid \$2.00</p> <p>Reduced .40</p> <p>Adult 3.00</p> <p>Milk (8 oz.) .30</p> <p>Juice (4 oz.) .25</p> </div> Labor Day / No School 5-Sep	Grilled Cheese Sandwich Potato Rounds Fresh Fruit or Chilled Fruit Cup 6-Sep	Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup 7-Sep	Cheese Pizza Fresh Fruit or Chilled Fruit Cup Minute Maid Frozen Juice 8-Sep	Bean & Cheese Burrito Spanish Rice Fresh Bunny Luv Carrots w/ Dip Fresh Fruit or Chilled Fruit Cup 9-Sep
Chicken Sticks Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup Whole Grain Jungle Crackers 12-Sep	Corn Dog on a Stick Potato Rounds Fresh Fruit or Chilled Fruit Cup 13-Sep	Hamburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup 14-Sep	Pepperoni & Cheese Pizza* Fresh Fruit or Chilled Fruit Cup Luigi's Fruit Sherbet Cup 15-Sep	Teriyaki Chicken Steamed Rice Fresh Broccoli Florets w/ Dip Fresh Fruit or Chilled Fruit Cup 16-Sep
Chicken Sandwich Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup 19-Sep	Soft Beef Taco w/Flour Tortilla Shredded Lettuce Fresh Fruit or Chilled Fruit Cup Chocolate Muffin 20-Sep	Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup 21-Sep	Cheese Pizza Fresh Fruit or Chilled Fruit Cup Minute Maid Frozen Juice 22-Sep	Bean & Cheese Burrito Spanish Rice Fresh Bunny Luv Carrots w/ Dip Fresh Fruit or Chilled Fruit Cup 23-Sep
Chicken Nuggets Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup Choice of Whole Grain Crackers 26-Sep	Hot Dog on a Bun Potato Rounds Fresh Fruit or Chilled Fruit Cup 27-Sep	Hamburger on a Bun Oven Crisp Fries Fresh Fruit or Chilled Fruit Cup 28-Sep	Pepperoni & Cheese Pizza* Fresh Fruit or Chilled Fruit Cup Luigi's Fruit Sherbet Cup 29-Sep	Chicken Fajitas w/ Tortilla Spanish Rice Fresh Broccoli Florets w/ Dip Fresh Fruit or Chilled Fruit Cup 30-Sep
We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students. We are striving to serve more products that are lower in fat, sugar and have higher grain and fiber content.				
EACH YEAR A NEW MEAL APPLICATION MUST BE SUBMITTED AND APPROVED IN SEPTEMBER IN ORDER TO CONTINUE IN THE FREE AND REDUCED MEAL PROGRAM FOR THE 2011-2012 SCHOOL YEAR.				



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

Daily menu selections are subject to substitution by items of equal nutritional value as required.