

A LA CARTE ITEMS

(Lunch only)

1. Deli Turkey on Fresh Roll
2. Turkey Ham & Cheese Sub
3. Pepperoni Pizza
4. Chicken Sandwich
5. Yogurt/Fruit Parfait
6. Chili Cheese & Baked Chips
7. Baked Chips
8. Fresh Fruit Cup
9. Cookies
10. 100% Fruit Juice
11. Sports Drink
12. Bottle Water
13. Assorted Snacks

BREAKFAST MENU

Monday:

Sausage/Egg/Muffin
Waffles w/ Syrup
Cold Cereal

Tuesday:

Bagel/Cream Cheese
Sweet Roll
Cold Cereal

Wednesday:

Pancake & Sausage
Muffin
Cold Cereal

Thursday:

Omelet & Biscuit
T-Bread
Cold Cereal

Friday:

Bacon & Egg Sandwich
Mini Sausage Wraps
Cold Cereal

**Breakfast served with
8 oz. Milk, 4 oz. Fruit Juice,
Fresh Fruits and/or Vegetables**

2014-2015 MENU

**FOR SECONDARY
(MIDDLE & HIGH)
SCHOOLS**

**LYNWOOD UNIFIED
SCHOOL DISTRICT**

BUSINESS SERVICES
CHILD NUTRITION SERVICES

**LYNWOOD UNIFIED SCHOOL DISTRICT
LUNCH MENU FOR MIDDLE SCHOOLS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée Choice of – Cheeseburger Spicy Chicken Sandwich Baked Chicken/Muffin Corn Dog or Chalupa Turkey Deli Sandwich House Special	Entrée Choice of – Cheeseburger Chicken Sandwich Pepperoni Pizza Popcorn Chicken/Roll Grill Ham/Cheese Sandwich House Special	Entrée Choice of – Cheeseburger Spicy Chicken Sandwich Pepperoni Calzone Hot Wings & Muffin Turkey Combo Sub House Special	Entrée Choice of – Cheeseburger Chicken Sandwich BBQ Pork Sandwich Chicken Strips & Roll Burrito or Spaghetti House Special	Entrée Choice of – Cheeseburger Spicy Chicken Sandwich Grilled Cheese Sandwich Fish & Roll Chicken Tamale House Special
Lettuce Cup with Pickles & Tomato Slices Fruits/Vegetables 1% or Non-Fat Milk	Lettuce Cup with Pickles & Tomato Slices Fruits/Vegetables 1% or Non-Fat Milk	Lettuce Cup with Pickles & Tomato Slices Fruits/Vegetables 1% or Non-Fat Milk	Lettuce Cup with Pickles & Tomato Slices Fruits/Vegetables 1% or Non-Fat Milk	Lettuce Cup with Pickles & Tomato Slices Fruits/Vegetables 1% or Non-Fat Milk
Any one of Oven Fries or Baked Chips	Any one of Sweet Potatoes or Cookie	Any one of Potatoes Roasts or Baked Chips	Any one of Oven Fries or Cookie	Any one of Sweet Potatoes or Baked Chips
Salad Bar: <u>Mexican Salad</u> 1. Chicken Nuggets & Dinner Roll 2. Beans 3. Garden Salad 4. Cheese/Olives 5. Chopped Eggs 6. Jalapeños 7. Breadstick 8. Croutons 9. Corn 10. Sour Cream 11. Fresh Fruits 12. Beets/Nuts	Salad Bar: <u>Taco Salad</u> 1. Taco Meat on Tortilla Chips 2. Shredded Lettuce 3. Cheese Sauce 4. Olives/Croutons 5. Jalapeños 6. Cherry Tomatoes 7. Chopped Eggs 8. Sour Cream 9. Refried Beans 10. Cheese/Sour Cream 11. Fresh Fruits 12. Nuts	Salad Bar: <u>Chef Salad</u> 1. Mini Corn Dogs or 2. Chicken Strips 3. Macaroni / Potato Salad 4. Garden Salad 5. Olives/Croutons 6. Jalapeños /Cheese 7. Cucumbers 8. Cherry Tomatoes 9. Chopped Eggs 10. Bread / Nuts 11. Mini Yogurt 12. Fresh Fruits	Salad Bar: <u>Asian Salad</u> 1. Asian Chicken on Brown Rice or 2. Chicken Chow Mein 3. Vegetable Egg Role 4. Cooked Vegetables 5. Chef Salad 6. Olives / Cheese 7. Croutons 8. Peanuts or Trail Mix 9. Fortune Cookies 10. Jalapeños /Cucumber 11. Cherry Tomatoes 12. Fresh Fruits	Salad Bar: <u>Vegetarian Salad</u> 1. Tuna Salad or Chicken Nuggets 2. Baked Potato 3. Cream Cheese 4. Cherry Tomatoes 5. Cucumbers 6. Olives / Cheese 7. Croutons / Jalapeños 8. Chopped Eggs 9. Garden Salad 10. Saltine Crackers 11. Break Stick 12. Fresh Fruits

ALL FOODS ARE SERVED ON A FIRST-COME-FIRST-SERVE BASIS

Choice of Dressing: Italian, Thousand Island, French, or Ranch

Adult Breakfast (with Milk) - \$2.50 Adult Lunch (with Milk or Water) - \$3.50 Holiday Meal (with Water) - \$7.50