



L'ANSE AREA SCHOOLS

SEPTEMBER 2022

K-12 LUNCH MENU

*ALL MENUS ARE SUBJECT TO CHANGE

Peanut butter & jelly sandwiches on whole grain bread are available daily as an alternate.

Low fat milk or 1% white offered daily; condiments offered as appropriate.

(6th -12th grade is offered alternate or salad daily) (* is offered to 9th-12th grade only)



Monday	Tuesday	Wednesday	Thursday	Friday
(CHEF SALAD)	(CHICKEN CAESAR SALAD)	(SPINACH SALAD)	1 (COBB SALAD) NO SCHOOL	2 (TACO SALAD) NO SCHOOL
5 NO SCHOOL	6 CHICKEN CHUNKS, COLESLAW, CORN MUFFIN, FRUIT & MILK (LASAGNA ROLL-UPS)	7 HOT HAM/CHEESE SAND. ON WG BUN, BAKED BEANS, BROCCOLI SALAD, FRUIT & MILK (TURKEY SUB)	8 QUESADILLAS, BLACK BEAN SALSA, CAR- ROTS, FRUIT & MILK (HAM/CHEESE SAND.)	9 WG CHEESE PIZZA FRESH VEGGIES, FRUIT & MILK (PRETZEL & CHEESE)
12 HAMBURGERS ON WG BUN, BAKED BEANS, FRESH VEGGIES, FRUIT & MILK (SPICY CHICKEN PATTY)	13 RAVIOLI GREEN BEANS, FRUIT & MILK, DINNER ROLL (HAM/CH. HOT POCKET)	14 GRILLED CHEESE SAND. ON WG BREAD, TOMATO SOUP, CRACKERS, CAR- ROTS, FRUIT & MILK (PEPPERONI HOT POCKET)	15 HOT DOG ON WG BUN, COLESLAW, FRESH VEG- GIES, FRUIT & MILK (BRAT)	16 PEPPERONI PIZZA FRESH VEGGIES, FRUIT & MILK (MOZZ. CHEESE STICKS)
19 CHICKEN PATTY ON WG BUN, BAKED BEANS, CALIF. BLEND VEG., FRUIT & MILK (PIZZA BURGER)	20 DELUXE NACHOS—meat, cheese, refried beans, romaine, chips, CARROTS, FRUIT & MILK (CORN DOG)	21 PANCAKES, SAUSAGE, HASHBROWNS, FRUIT & MILK (N/A)	22 SPAGHETTI SAUCE w/WG NOODLES, GREEN BEANS, FRUIT & MILK, GARLIC TOAST (BONELESS WINGS)	23 CHEEZY BREADSTICK PIZZA w/ MARINARA SAUCE FRESH VEGGIES, FRUIT & MILK (EGG ROLLS)
26 CHILI w/meat & beans, CHEDDAR GOLDFISH, GREEN PEPPERS, FRUIT & MILK (CHEESE BREADSTICKS)	27 CHICKEN TENDERS, COLESLAW, CORN MUFFIN, FRUIT & MILK (MEATBALL SUB)	28 MEATBALLS & GRAVY, MASHED POTATOES, SLICED CARROTS, FRUIT & MILK (NACHOS & CHEESE)	29 CORN DOG BAKED BEANS, CARROTS, FRUIT & MILK (BAKED POTATO w/FIXING)	30 PEPPERONI PIZZA, FRESH VEGGIES, FRUIT & MILK (MINI CHEESEBURGERS)

