

L'ANSE AREA SCHOOLS

SEPTEMBER 2023

K-12 LUNCH MENU

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
				1 NO SCHOOL
4 NO SCHOOL	5 CHICKEN NUGGETS, COLESLAW, CORN MUFFIN, FRUIT & MILK (MEATBALL SUB)	6 HOT HAM & CHEESE ON WG BUN, BAKED BEANS, BROCCOLI SALAD, FRUIT & MILK (TURKEY SUB)	7 WG CHEESE PIZZA, TOSSED SALAD w/SPINACH, FRUIT & MILK (PRETZEL & CHEESE)	8 SLOPPY JOE ON WG BUN, CORN, FRUIT & MILK (MOZZ. CHEESE STICKS)
11 HAMBURGER ON WG BUN, BAKED BEANS, FRESH VEGGIES, FRUIT & MILK (DILL CHICKEN PATTY)	12 QUESADILLAS BLACK BEAN SALSA, CAR- ROTS, FRUIT & MILK (COLE HAM/CH. SAND.)	13 GRILLED CHEESE ON WG BREAD, TOMATO SOUP, CRACKERS, CARROTS, FRUIT & MILK (PEPPERONI HOT POCKET)	14 HOT DOG ON WG BUN, COLESLAW, FRESH VEG- GIES, FRUIT & MILK (BRAT)	15 PEPPERONI PIZZA, FRESH VEGGIES, FRUIT & MILK (MINI CHEESE BURGERS)
18 CHICKEN PATTY ON WG BUN, BAKED BEANS, CALIF. BLEND VEG., FRUIT & MILK (PIZZA BURGER)	19 DELUXE NACHOS—meat, cheese, refried beans, romaine, chips, CARROTS, FRUIT & MILK (CORN DOG)	20 SPAGHETTI SAUCE ON WG NOODLES, GREEN BEANS, GARLIC TOAST, FRUIT & MILK (BONELESS WINGS)	21 PANCAKES, SAUSAGE, HASHBROWNS, FRUIT & MILK (EGG MUFFIN)	22 CHEEZY BREADSTICK PIZZA w/MARINARA SAUCE, FRESH VEGGIES, FRUIT & MILK (EGG ROLLS)
25 CHILI w/meat & beans, CHEDDAR GOLDFISH CRACKERS, GREEN PEP- PERS, FRUIT & MILK (CHEESE BREADSTICKS)	26 CHICKEN TENDERS, COLESLAW, CORN MUFFIN, FRUIT & MILK (LASAGNA ROLL UPS)	27 MEATBALLS & GRAVY, MASHED POTATOES, SLICED CARROTS, FRUIT & MILK, DINNER ROLL (NACHO CHIPS & CHEESE)	28 CORN DOG BAKED BEANS, CARROTS, FRUIT & MILK (BAKED POTATO w/BBQ PULLED PORK)	29 PEPPERONI PIZZA FRESH VEGGIES, FRUIT & MILK (MEAT STROMBOLI)

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