

8

LUMCT Junior & Senior High School

Milk Choices: White 1% and Chocolate Skim

Serve: Students can choose milk with a minimum of 3 components/food groups which must nclude a 1/2 cup FRUIT, VEGETABLE, OR 1/2 cup COMBO of a FRUIT & VEGETABLE.

This institution is an equal opportunity provider.

Revised 3/5/25

Monday

31 Choice of: Sloppy Joe Spicy Chicken Sandwich Side options (all): **Roasted Potatoes** Cornbread

Fresh Vegetables

Orange Wedges

Choice of: Uncrustable* **Grilled Cheese*** *PLUS one protein option Side options (all): Fresh Vegetables Tomato Soup with Goldfish Grapes **Treat**

Choice of:

Italian Flatbread & Marinara Pizza Chicken Sandwich Side options (all): Garden Salad Bar **Tropical Fruit**

Sliced Pears

Brunch Lunch

Cheese omelet Pancake & Sausage Stick Hashbrown Patty **BYO Yogurt Parfait** Seasonal Fruit Fruit Juice

Warrior Bacon Cheese Burger Turkey & Cheddar Flatbread Sandwich

Crinkle Fries **Baked Beans** Sliced Peaches **Applesauce**

Tuesday

Brunch Lunch

Choice of: French Toast & Chicken Sausage Hot Ham & Cheese Bagel Side options (all): Scrambled Eggs

Hashbrown Patty Grapes Fruit Juice OR Smoothie

9

Choice of:

Warrior Cheese Burger

Chicken Cheddar Bacon Sandwich

Side options (all):

Potato Wedges

Cheese Sauce

Steamed Broccoli

Tropical Fruit

Choice of:

Garlic Cheese Bread & Marinara Chicken Salad Croissant Side options (all): Homemade Chicken Noodle Fresh Vegetables Sliced Peaches Chips

Wednesday Thursday

Mandarin Orange Chicken & Rice Uncrustable & protein choice Side options (all): Vegetable Egg Roll Green Beans Melon Fortune Cookie

Choice of:

Choice of:

Pepperoni Pizza Cheese Filled Pasta with breadstick Side options (all): Garden Salad Bar Green Beans Pineapple

10

Choice of: Chicken Smackers **Beef Meatballs** Side options (all): Mashed Potatoes & Gravy Corn

Soft Pretzel Bites (2) Mandarin Oranges

Choice of Sub Sandwich:

Chicken & Bacon Ham & Cheese Side options (all):

Sandwich Topping & Salad Bar Tangy Broccoli Salad Strawberries Chips

Choice of: Tacos - Walking or Soft Shell Side options (all):

Refried Beans Celery & Peanut Butter Sliced Apples Churro Bites (4)

Choice of:

General Tso's & Rice Turkey & Cheese Croissant Chicken Wings & seasoned rice Side options (all):

Cookie

Green Beans Dinner Roll Orange Wedges

Choice of: Pizza Casserole Chicken Tenders (3) Side options (all): Garlic Bread (cook's choice) Corn

Fresh Vegetables Grapes

18

22 Choice of:

Meatball Sandwich Hot Dog on a bun Side options (all): French Fries Fresh Vegetables Sliced Apples Treat

23

Choice of:

Chicken Nuggets Spicy Chicken Strips Side options (all): Homemade Macaroni & Cheese Fresh Vegetables Chips

Grapes

24

Choice of:

Ham & Cheese on pretzel roll Crispy Chicken Slider Side options (all): **Tator Tots** Fresh Vegetables Mandarin Oranges Dragon Punch

25

Choice of: Turkey with Gravy & Biscuit Uncrustable & protein choice

Side options (all): **Mashed Potatoes Steamed Carrots** Strawberries

Choice of: Penne Pasta with Choice of:

Red Meat Sauce or Side options (all):

Chicken Alfredo Side options (all): Garden Salad Bar Garlic Bread Steamed Broccoli Grapes

30

Choice of:

Pulled Pork Sandwich Grilled Chicken Sandwich Side options (all): Steamed Baby Red Potatoes Coleslaw **Sliced Pears** Craisins

Choice of: Cheese Pizza Egg Salad Sandwich Side options (all): Fresh Vegetables Pineapple

Pudding Cup

2

Choice of:

Deluxe Nachos Chicken soft shell taco Side options (all): Refried Beans Celery & Peanut Butter Sliced Apples Fruit Slushie