

# March 2020

## LAKWOOD SCHOOLS MENU

### MONDAY

**BREAKFAST** **2**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Beef Taco  
Chipotle Bean Salad  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **9**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Teriyaki Dippers  
WG Rice  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **16**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Popcorn Chicken  
Picnic Beans  
Salad, Fruit & Veggies Choices  
Milk

**BREAKFAST** **23**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Teriyaki Chicken  
WG Rice  
Salad, Fruit & Veggies Choices  
Milk

**BREAKFAST** **30**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Comdog  
Picnic Beans  
Salad, Fruit & Veggies Choices,  
Milk

### TUESDAY

**BREAKFAST** **3**  
Egg & Cheese Burrito  
Fruit/Veggie, Milk  
**LUNCH**  
Pancakes w/syrup  
Cheese Omelet  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **10**  
Breakfast Pizza  
Fruit/Veggie, Milk  
**LUNCH**  
Hamburger  
Green Salad w/ranch  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **17**  
Pancakes w/syrup  
Fruit/Veggie, Milk  
**LUNCH**  
Spaghetti w/meat Sauce  
Green Beans  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **24**  
French Toast  
Fruit/Veggie, Milk  
**LUNCH**  
Hamburger  
Baked Fries  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **31**  
Pancake Sausage Stick  
Fruit/Veggie, Milk  
**LUNCH**  
Pasta Alfredo  
Sliced Strawberries  
Salad, Fruit & Veggies Choices,  
Milk

### WEDNESDAY

**BREAKFAST** **4**  
Apple Cinn Texas Toast  
Fruit/Veggie, Milk  
**LUNCH**  
BBQ Beef Burger  
Applesauce cup  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **11**  
Dutch Waffle  
Fruit/Veggie, Milk  
**LUNCH**  
Nachos w/meat & cheese  
Chipotle Bean Salad  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **18**  
Cinnamon Rolls  
Fruit/Veggie, Milk  
**LUNCH**  
Cereal Choice  
String Cheese, Crasins  
Salad, Fruit & Veggies Choices  
Milk

**BREAKFAST** **25**  
Maple Pancakes  
Fruit/Veggie, Milk  
**LUNCH**  
Mac & Cheese  
Orange Wedges  
Salad, Fruit & Veggies Choices,  
Milk

### THURSDAY

**BREAKFAST** **5**  
Sausage Pancake Stick  
Fruit/Veggie, Milk  
**LUNCH**  
Chicken Nuggets  
Golden Corn  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **12**  
French Toast  
Fruit/Veggie, Milk  
**LUNCH**  
Chicken Drumsticks  
WG Roll, Fresh Apple  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **19**  
Egg & Cheese Muffin  
Fruit/Veggie, Milk  
**LUNCH**  
Garlic Cheese Texas Toast  
Fresh Apple  
Salad, Fruit & Veggies Choices  
Milk

**BREAKFAST** **26**  
Breakfast Pizza  
Fruit/Veggie, Milk  
**LUNCH**  
BBQ Rib Burger  
Peach Cup  
Salad, Fruit & Veggies Choices  
Milk

### FRIDAY

**BREAKFAST** **6**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Pepperoni Pizza  
Green Salad w/ranch  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **13**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Cheese Breadsticks  
Baby Carrots  
Salad, Fruit & Veggies Choices,  
Milk

**BREAKFAST** **20**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Chicken Burger  
Green Salad w/ranch  
Salad, Fruit & Veggies Choices  
Milk

**BREAKFAST** **27**  
Cereal Choice, Toast,  
Fruit/Veggie, Milk  
**LUNCH**  
Cheese Pizza  
Green Salad w/ranch  
Salad, Fruit & Veggies Choices,  
Milk

## A La Carte

**BREAKFAST**  
all grades.....\$1.75  
**Breakfast Adult.....\$2.25**  
**Elementary Lunch .....\$2.95**  
**Secondary Lunch.....\$3.25**  
**Adult Lunch.....\$3.75**  
**Milk alone.....\$0.50**  
Students approved for reduced price meals will get free breakfast, and K-3 students get free lunch. Students approved reduced meals in grades 4-12 will pay .40 for lunch.

You can make deposits into your students meal account any time 24/7 at [www.lwsd.wednet.edu](http://www.lwsd.wednet.edu) under family access, then food service tab.

## School News

In addition to this menu an entrée choice of chef salad is available daily.

This Menu is subject to change without notice.

The Lakewood School District and the USDA are equal opportunity providers and employers.

## DID YOU KNOW?

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year.