

January 2017

LAKWOOD 6-12 MENU

MONDAY

2

NO SCHOOL

TUESDAY

3

BREAKFAST
Cereal Choice, Cinn Grahams
Fruit, Veggie, Milk
LUNCH
Comdog or Pizza or
Chicken Burger or Burrito
Picnic Beans
Salad, Fruit, Veggie Choices
Milk

WEDNESDAY

4

BREAKFAST
Maple Waffle or Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Nachos w/meat & cheese or
Chicken Burger or Pizza or Burrito
Mexi Bean Salad
Salad, Fruit, Veggie Choices
Milk

THURSDAY

5

BREAKFAST
Breakfast Pizza
Fruit, Veggie, Milk
LUNCH
Cheeseburger or Pizza or
Chicken Burger or Burrito
Baked Fries
Salad, Fruit, Veggie Choices
Milk

FRIDAY

6

BREAKFAST
Cereal Choice, Cinn Toast,
or Breakfast Pizza
Fruit, Milk
LUNCH
Pizza or Burrito or
Chicken Burger
Romaine Salad w/ranch
Salad, Fruit, Veggie Choices
Milk

WELCOME TO 2017!

Prices for the 2016-2017 School year are:

BREAKFAST
All Schools ...\$1.50
Free or Reduced...N/C

Skim and 1% white milk are served at breakfast.

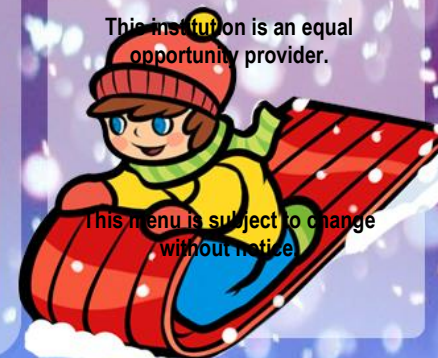
LUNCH
K-5....\$2.75
6-8.....\$3.00
Reduced K-3....N/C
Reduced 4-12.....\$4.00
Milk Sold Alone ...\$5.00

Both skim choc. and 1% white milk are available for lunch

School News

You can make deposits or check the balance of your students account anytime 24/7 on the Lakewood School District website www.lwsd.wednet.edu under family access, then food service. If you wish to make a payment, click on fee management, make a payment. If you do not have your user ID or Password for family access contact your students school secretary.

This institution is an equal opportunity provider.



This menu is subject to change without notice.

9

BREAKFAST
Cereal Choice, Cinn Toast or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Chicken Nuggets or
Chicken Burger or Pizza or Burrito
Golden Corn
Salad, Fruit, Veggie Choices
Milk

10

BREAKFAST
Pancake Sausage Stick
Fruit, Veggie, Milk
LUNCH
Turkey Gravy
Mashed Potatoes, WW Roll or
Chicken Burger or Pizza or Burrito
Salad, Fruit, Veggie Choices
Milk

11

BREAKFAST
Dutch Waffle or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Pancakes & Cheese Omelet or
Chicken Burger or Pizza or Burrito
Salad, Fruit, Veggie Choices
Milk

12

BREAKFAST
Ham & Cheese Muffin or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Beef Dippers w/ Rice or
Chicken Burger or Pizza or Burrito
Pineapple Tidbits
Salad, Fruit, Veggie Choices
Milk

13

BREAKFAST
Cereal Choice, Cinn Toast
or Breakfast Pizza
Fruit, Veggie, Milk
LUNCH
Beef Taco or Burrito or
Pizza or Chicken Burger
Baby Carrots
Salad, Fruit, Veggie Choices
Milk

16

NO SCHOOL

17

BREAKFAST
Cereal Choice, Cinn. Toast,
or Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Pepperoni or Cheese Pizza or
Chicken Burger or Burrito
Peach Cup
Salad, Fruit, Veggie Choices
Milk

18

BREAKFAST
Fruited Yogurt, Cheddar Goldfish or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Nachos w/meat & cheese or
Chicken Burger or Pizza or Burrito
Chipotle Bean Salad
Salad, Fruit, Veggie Choices
Milk

19

BREAKFAST
Breakfast Pizza or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Ravioli in Tomato Sauce or
Chicken Burger or Pizza or Burrito
Romaine Salad w/ranch
Salad, Fruit, Veggie Choices
Milk

20

BREAKFAST
Cereal Choice, Cinn Toast
or Breakfast Pizza
Fruit, Veggie, Milk
LUNCH
Chicken Burger or Pizza
or Burrito
Baked Fries
Salad, Fruit, Veggie Choices
Milk

23

BREAKFAST
Cereal Choice, Cinn Toast or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Teriyaki Chicken w/rice or
Chicken Burger or Pizza or Burrito
Salad, Fruit, Veggie Choices
Milk

24

BREAKFAST
French Toast Stick or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Spaghetti w/meat sauce or
Chicken Burger or Pizza or Burrito
Green beans
Salad, Fruit, Veggie Choices
Milk

25

BREAKFAST
Cinnamon Rolls or Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Grilled Cheese Sand.&Tomato Soup
or Chicken Burger or
Pizza or Burrito
Salad, Fruit, Veggie Choices
Milk

26

BREAKFAST
Cheese Omelet, Toast or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
Cereal Choice, String Cheese
Cheddar Goldfish or
Chicken Burger or Pizza or Burrito
Salad, Fruit, Veggie Choices
Milk

27

BREAKFAST
Cereal Choice, Cinn Toast
or Breakfast Pizza
Fruit, Veggie, Milk
LUNCH
Popcorn Chicken or
Chicken Burger or Pizza or Burrito
Golden Corn
Salad, Fruit, Veggie Choices
Milk

30

BREAKFAST
Cereal Choice, Cinn Toast
or Breakfast Bread
Fruit, Milk
LUNCH
Chicken Cheese Quesadilla or
Chicken Burger or Pizza or Burrito
Peach Cup
Salad, Fruit, Veggie Choices
Milk

31

BREAKFAST
Pancake Sausage Stick or
Breakfast Bread
Fruit, Veggie, Milk
LUNCH
3 Bean Chili w/Cinnamon Roll or
Chicken Burger or Pizza or Burrito
Salad, Fruit, Veggie Choices
Milk

Did you know...

On January 1, 1863, the Emancipation Proclamation was issued by Abraham Lincoln.