



SCHOOL DISTRICT LYNDWOOD LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Weekly Cold Cut Sandwiches

Lunch Prices

Student \$0.00

Adult \$3.86

General Manager

Tracy Drank

Assistant Manager

Ryan Shissler

Phone Number

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Email

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Monday

29

Chicken Tenders w/
Dinner Roll
or
Turkey & Cheese
Hoagie

Featured Veggies:

Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

Tuesday

30

Italian Dunkers
with Sauce
or
Turkey & Cheese
Hoagie

Featured Veggies:

Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

Wednesday

31

Chicken Patty
On a Bun
or
Turkey & Cheese
Hoagie

Featured Veggies:

Mixed Vegetables
Fresh Vegetables
Bongo Blueberries
Choice of Milk

Thursday

1

Cheese Pizza
or
Turkey & Cheese
Hoagie

Featured Veggies:

Steamed Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

Pizza Friday!

2

NO SCHOOL

5

NO SCHOOL

6

Beef Soft
Tacos
or
Ham & Cheese
Hoagie

Featured Veggies:

Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

7

Hot Dog
or
Ham & Cheese
Hoagie

Featured Veggies:

Baked Beans
Fresh Vegetables
Watermelon Slices
Choice of Milk

8

BBQ Rib
Sandwich
or
Ham & Cheese
Hoagie

Featured Veggies:

Glazed Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

9

Cheese Pizza
or
Ham & Cheese
Hoagie

Featured Veggies:

Mixed Vegetables
Fresh Vegetables
Choice of Fruit
Choice of Milk

12

Chicken Nuggets
Dinner Roll
or
Italian Hoagie

Featured Veggies:

Steamed Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

13

Walking Taco
Topping Bar
or
Italian Hoagie

Featured Veggies:

Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

14

Cookout
Hot Dog
or
Cheeseburger
Traditional Toppings

Featured Veggies:

Baked Beans
Fresh Vegetables
Watermelon Slices
Choice of Milk

15

Hot Ham and Cheese
On a Pretzel Roll
or
Italian Hoagie

Featured Veggies:

Mixed Vegetables
Fresh Vegetables
Choice of Fruit
Choice of Milk

16

Pizza Quesadilla
or
Italian Hoagie

Featured Veggies:

Steamed Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

19

Cowboy Burger
on a Bun
or
Turkey & Cheese
Hoagie

Featured Veggies:

Broccoli & Cheese
Fresh Vegetables
Choice of Fruit
Choice of Milk

20

Beef Soft
Tacos
or
Turkey & Cheese
Hoagie

Featured Veggies:

Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

21

Hot Dog
on a Bun
or
Turkey & Cheese
Hoagie

Featured Veggies:

Mixed Vegetables
Fresh Vegetables
Choice of Fruit
Choice of Milk

22

Corn Dog
Nuggets
or
Turkey & Cheese
Hoagie

Featured Veggies:

Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

23

French Bread
Pizza
or
Turkey & Cheese
Hoagie

Featured Veggies:

Glazed Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

26

Sloppy Joe
on Hawaiian Roll
or
Ham & Cheese
Hoagie

Featured Veggies:

Steamed Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

27

Super Nachos
Taco Beef w/ Toppings
or
Ham & Cheese
Hoagie

Featured Veggies:

Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

28

Italian Dunkers
with Sauce
or
Ham & Cheese
Hoagie

Featured Veggies:

Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

29

Macaroni & Cheese
Dinner Roll
or
Ham & Cheese
Hoagie

Featured Veggies:

Mixed Vegetables
Fresh Vegetables
Choice of Fruit
Choice of Milk

30

Cheese Pizza
or
Ham & Cheese
Hoagie

Featured Veggies:

Steamed Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk