

SEPTEMBER 2023

Jr/Sr High School

equal opportunity employer

LUNCH



-Meals are FREE for all students

-MENU SUBJECT TO CHANGE

-Menus can be found at lafayetteschools.org on the Food Service page, click MENUS at the top. They are kept up to date here in the event of a snow day or shortage.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Daily
Pizza
Deli Sandwich
Salad Box

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day

4

Superintendent
Conference
Day

5

Welcome back picnic
Hofmann Hot or
Grilled Burger
Pasta Salad
Tomato & Cuke

6

French Toast Sticks
w/Sausage

Hash Rounds
Cherry Star Juice

7

Big Daddy's Pizza

Caesar Salad
Carrot Coins

8

Mozzarella Sticks
w/Tomato Sauce

11

Green Beans
Cali Blend

Taco Tuesday!
Beef, soft shells, salsa,
cheese, sour cream,
lettuce
Seasoned Corn
Black Bean Salsa

12

Chicken Sliders
w/Cheese & Pickles

Sweet Potato Trax
Celery Sticks w/Dip

13

Cheeseburger
Whole Grain Bun

French Fries
Steamed Broccoli

14

Homemade Pizza

Garden Salad
Carrot Coins

15

Chicken Nuggets
w/Dip & Roll

18

Green Beans
Sweet Potato Fries

Walking Taco
Beef, salsa, cheese,
sour cream, lettuce
Seasoned Corn
Cheesy Bean Dip

19

Chicken Patty
Whole Grain Bun

French Fries
Steamed Broccoli

20

Mac N' Cheese
Cheesy Breadstick
Peas & Carrots
Celery Sticks
w/Ranch

21

Personal Pan
Pizza

Caesar Salad
Carrot Coins

22

Chicken Fingers
w/Dip & Roll

25

Sweet Potato Fries
Seasoned Broccoli

Nachos Supreme
w/Salsa & Sour
cream
Cheesy Bean Dip
Black Beans & Corn

26

Mini-Pancakes
w/Sausage

27

Hash Rounds
Sunset Sip Juice

Deli-Day
Ham or Turkey

28

Cuke Salad
Celery Sticks w/Dip

Big Daddy Pizza

29

Garden Salad
Carrot Coins