

SEPTEMBER 2022

Jr/Sr High School

equal opportunity employer

LUNCH



-Meals are NOT free for all students

-An approved meal application must be on file for free meals. They can be found at lafayetteschools.org on the Food Service page, click the plate setting icon.

-MENU SUBJECT TO CHANGE



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

Welcome!!

Daily

Pizza
Salad Box
Sandwiches

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day

5

*Family
Orientation
Day*

6

Chicken Nuggets
w/Dip & Roll

7

Sweet Potato Fries
Steamed Broccoli

French Toast Sticks
w/Sausage

8

Hash Rounds
Cherry Star Juice

Big Daddy's Pizza

9

Caesar Salad
Carrot Coins

Mozzarella Sticks
w/Tomato Sauce

12

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

13

Deluxe Cheeseburger
Whole Grain Bun

14

French Fries
Steamed Broccoli

Chicken & Waffles
w/Syrup & Butter
Cups
Sweet Potato Trax
Seasoned Corn

15

Homemade Pizza

16

Garden Salad
Carrot Coins

Mini-Corn Dogs
w/ Honey Mustard

19

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

20

Chicken Patty
Whole Grain Bun

21

French Fries
Steamed Broccoli

Mac n' Cheese
w/Cheesy Breadstick

22

Peas & Carrots
Celery Sticks w/Dip

Personal Pan
Pizza

23

Caesar Salad
Carrot Coins

Chicken Fingers
w/Dip & Roll

26

Cheese Quesadilla
Salsa & Sour Cream

27

Seasoned Corn
Black Bean Salsa

Mini-Pancakes
w/Sausage

28

Hash Rounds
Sunset Sip Juice

Deli-Day
Ham or Turkey

29

Cuke Salad
Celery Sticks w/Dip

Big Daddy Pizza

30

Garden Salad
Carrot Coins