

Middle School Lunch Menu

August & September 2016

MON	TUE	WED	THU	FRI
8/22- Classic Stacks: Chicken Pesto Po Boy or Queso Chicken Stacker Luigi's: Oven Baked Beef Rotini Gourmet Greens: Italian Chicken Salad GF* Deli: Turkey & Cheese Wrap Steamed Broccoli Florets V GF	23- Classic Stacks: Chicken Pesto Po Boy or Queso Burger Stacker Gourmet Greens: Southwest Chicken Salad GF Deli: Grilled Chicken Wrap Mixed Peas & Carrots V GF	24- Classic Stacks: Chicken Pesto Po Boy or Big Texan Stacker Luigi's: Mac & Cheese V Gourmet Greens: Chicken Garden Salad GF* Deli: Zesty Italian Wrap Seasoned Green Beans V GF	25- Classic Stacks: Chicken Pesto Po Boy or Cheddar Beef Stacker Gourmet Greens: Buffalo Chicken Salad Deli: Teriyaki Chicken Wrap Buttery Crinkle Carrots V GF	26- Classic Stacks: Chicken Pesto Po Boy or Southwest Chicken Stacker Luigi's: Rotini Marinara V w/Meatballs Gourmet Greens: Chef Salad GF* Deli: Spicy Chicken Wrap Seasoned Mixed Vegetables V GF
29- Dog House: Texas Dog or Taco Dog Luigi's: Mac & Cheese V Gourmet Greens: Spicy Chicken Caesar Salad Deli: Ham & Cheese Wrap Buttered Green Peas V GF	30- Dog House: Texas Dog or Peppers & Onions Dog Gourmet Greens: Chef Salad GF* Deli: Fresh Veggie Wrap V Spiced Mixed Vegetables V GF	31- Dog House: Texas Dog or Maxwell Street Dog Luigi's: Homemade Lasagna Gourmet Greens: Deli Ham & Cheese Salad GF* Deli: Crispy Chicken Ranch Wrap Steamed Crinkle Carrots V GF	9/1- Dog House: Texas Dog or Mac & Cheese Dog Gourmet Greens: Herbed Chicken Salad GF* Deli: Asian Turkey Wrap Steamed Broccoli Florets V GF	2- Dog House: Texas Dog or Banh Mi Dog Luigi's: Cheesy Meatball Sub Gourmet Greens: Chicken Caesar Salad GF* Deli: Ham, Turkey & Cheese Wrap Steamed Green Beans V GF
5-No School!	6- Philly: Beef or Pulled Pork Cheesesteak w/Sautéed Veggies & Crab Fries Gourmet Greens: SW Chicken Salad GF Deli: Grilled Chicken Wrap Calabacitas con Queso V GF	7- Philly: Beef or Grilled Chicken Cheesesteak w/Sautéed Veggies & Crab Fries Luigi's: Baked Chicken Parmesan Sandwich Gourmet Greens: Fresh Garden Salad V GF* Deli: Ham, Turkey & Cheese Wrap Buttery Green Peas V GF	8- Philly: Beef or Pulled Pork Cheesesteak w/Sautéed Veggies & Crab Fries Gourmet Greens: Buffalo Chicken Salad Deli: Teriyaki Chicken Wrap Seasoned Green Beans V GF	9- Philly: Beef or Grilled Chicken Cheesesteak w/Sautéed Veggies & Crab Fries Luigi's: Mac & Cheese V Gourmet Greens: Yogurt and Fruit Plate V GF* Deli: Zesty Italian Wrap Steamed Crinkle Carrots V GF
12- Classic Stacks: Big Texan or Queso Burger Stacker Luigi's: Cheesy Beef Rotini Gourmet Greens: Chicken Garden Salad GF* Deli: Crispy Chicken Ranch Wrap Mixed Peas & Carrots V GF	13- Classic Stacks: Big Texan or Island Chicken Stacker Gourmet Greens: Buffalo Chicken Salad Deli: Fresh Veggie Wrap V Roasted Garden Vegetables V GF	14- Classic Stacks: Big Texan or Southwest Chicken Stacker Luigi's: Handmade Lasagna Gourmet Greens: Hummus Salad V GF w/Pita Deli: Fajita Chicken Wrap Seasoned Broccoli Florets V GF	15- Classic Stacks: Big Texan or Hot Brown Chicken Stacker Gourmet Greens: Crispy Chicken Salad Deli: Ham & Cheese Wrap Sautéed Carrots V GF	16- Classic Stacks: Big Texan or Chicken Pesto Po Boy Stacker Luigi's: Italian Beef Penne Gourmet Greens: BBQ Chicken Salad GF* Deli: Spicy Chicken Wrap Steamed Vegetable Medley V GF
19- Dog House: Texas Dog or Peppers & Onions Dog Luigi's: Lemon Pepper Rotini w/Basil Chicken Gourmet Greens: Italian Chicken Salad GF* Deli: BBQ Chicken Wrap Steamed Green Beans V GF	20- Dog House: Texas Dog or BLT Dog Gourmet Greens: Chicken Caesar Salad GF* Deli: Turkey & Cheese Pita Pocket Calabacitas con Queso V GF	21- Dog House: Texas Dog or Banh Mi Dog Luigi's: Creamy Rotini Alfredo V w/Chicken Gourmet Greens: Chicken Taco Salad GF Deli: Zesty Italian Wrap Seasoned Mixed Vegetables V GF	22- Dog House: Texas Dog or Taco Dog Gourmet Greens: Buffalo Chicken Salad Deli: Teriyaki Chicken Wrap Buttery Peas & Carrots V GF	23- Dog House: Texas Dog or Mac & Cheese Dog Luigi's: Mac & Cheese V Gourmet Greens: Chef Salad GF* Deli: BBQ Chicken Wrap Roasted Garden Veggies V GF
26- Philly: Beef or Pulled Pork Cheesesteak w/Sautéed Veggies & Crab Fries Luigi's: Baked Chicken Parmesan Sandwich Gourmet Greens: Spicy Chicken Caesar Salad Deli: Ham & Cheese Wrap Steamed Veggie Medley GF	27- Philly: Beef or Grilled Chicken Cheesesteak w/Sautéed Veggies & Crab Fries Gourmet Greens: Chef Salad GF* Deli: Asian Turkey Wrap Spiced Green Beans V GF	28- Philly: Beef or Pulled Pork Cheesesteak w/Sautéed Veggies & Crab Fries Luigi's: Baked Beefy Rotini Gourmet Greens: Hummus Salad V GF* w/Pita Deli: Grilled Chicken Wrap Steamed Crinkle Carrots V GF	29- Philly: Beef or Grilled Chicken Cheesesteak w/Sautéed Veggies & Crab Fries Gourmet Greens: Herbed Chicken Salad GF* Deli: Spicy Chicken Wrap Steamed Broccoli Florets V GF	30- Philly: Beef or Pulled Pork Cheesesteak w/Sautéed Veggies & Crab Fries Luigi's: Spaghetti w/Bolognese Sauce Gourmet Greens: Southwest Chicken Salad GF Deli: Crispy Chicken Ranch Wrap Steamed Green Peas V GF

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View menus online for nutrition info and much more!
Visit the Child Nutrition Services (CNS) webpage at
www.leanderisd.org



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MEAL PRICES

Paid Lunch: \$2.70	Paid Breakfast \$1.60
Reduced \$0.40	Reduced \$0.30
Adult Lunch \$3.75	Adult Breakfast \$2.00

To see if you student qualifies for free or reduced meals, apply online or print and submit to your cafeteria manager.



Did you know? CNS at LISD has two onsite registered dietitians (RDs) who are the experts in nutrition and create healthy school menus for you to enjoy!



Start Back to School off right with breakfast and lunch at school! We serve meals that include all 5 food groups, Grains, Protein, Fruits, Vegetables & Dairy!

Try it Tuesday!

Try a new vegetable -squash every Tuesday this month! Featuring calabacitas con queso and fresh squash and zucchini sticks on the salad bar

Menu Subject to Change—**Breakfast Menu & Weekly Lunch Offerings on Back**—Fat Free & Low Fat Milk Offered Daily

V=Vegetarian Option (Available); GF=Naturally Gluten Free; GF*=Gluten Free Available Upon Request; *We practice caution in preparing our gluten free items and do our best to ensure a gluten free product. However, LISD is NOT a gluten free environment and thus we cannot guarantee our foods to be completely gluten free.*

Middle & High School Breakfast Menu

August & September 2016

Offered Weekly

MON	TUE	WED	THU	FRI
Strawberry Mini Bagels V Mini Blueberry Pancakes V  Strawberry Banana Smoothie V Variety of Cereal Fresh Fruit & Juice	Fresh Baked Cinnamon Roll V Sausage & Cheese Breakfast Pizza Variety of Cereal Fresh Fruit & Juice	Mini Maple Pancakes V Warm Apple Frudel V  Strawberry Banana Smoothie V Variety of Cereal Fresh Fruit & Juice	Fresh Baked Cinnamon Roll V Mini Blueberry Pancakes V or Breakfast Pizza Variety of Cereal Fresh Fruit & Juice	Fluffy French Toast V Pancake & Sausage Wrap  Strawberry Banana Smoothie V Variety of Cereal Fresh Fruit & Juice
8/22—Ham & Cheese Biscuit Peachy Banana Smoothie V	23—Egg, Potato & Cheese Breakfast Tacos V Very Berry Yogurt Parfait V GF*	24—Ham, Egg & Cheese Big Bite Blueberry Banana Smoothie V	25—Handmade Egg & Sausage Burrito Pear Vanilla Yogurt Parfait V GF*	26—Colby Cheese Omelet w/Toast V Double Berry Smoothie V
29—Egg, Sausage & Cheese Biscuit Banana Blast Smoothie V	30—Egg & Sausage Tacos Very Berry Yogurt Parfait V GF*	31— Colby Cheese Omelet w/Toast Peachy Banana Smoothie V	9/1— Sausage, Egg & Cheese Big Bite Banana Split Yogurt Parfait V GF*	2—Flakey Ham & Cheese Croissant Blueberry Banana Smoothie V
5—No School!	6—Egg, Sausage & Cheese Burrito Banana Bread w/Fresh Strawberry Yogurt V	7—Sausage & Cheese Biscuit Double Berry Smoothie V	8—Egg, Potato & Cheese Breakfast Tacos V Strawberry Banana Yogurt Parfait V GF*	9—Ham, Egg & Cheese Big Bite Blueberry Banana Bliss V
12—Flakey Sausage & Cheese Croissant Blueberry Banana Smoothie V	13—Colby Cheese Omelet w/Toast V Blueberry Yogurt Parfait V GF*	14— Egg, Ham & Cheese English Muffin Peachy Banana Smoothie V	15—Sausage, Egg & Cheese Quesadilla Very Berry Yogurt Parfait V GF*	16—Bacon, Egg & Cheese Tacos Mango Madness Smoothie V
19—Colby Cheese Omelet w/Toast Mango Peach & Banana Smoothie V	20—Egg & Potato Breakfast Burrito V Blueberry Yogurt Parfait V GF*	21— Sausage & Cheese English Muffin Peachy Banana Smoothie V	22—Ham, Egg & Cheese Big Bite Banana Split Yogurt Parfait V GF*	23—Fluffy Biscuits & Gravy w/Sausage Strawberry Mango Smoothie V
26—Sausage & Cheese English Muffin Mango Peach & Banana Smoothie V	27—Ham, Egg & Cheese Croissant Warm Banana Bread w/Fresh Strawberry Yogurt V	28—Sausage, Egg & Cheese Big Bite Strawberry Peach Smoothie V	29—Potato, Egg & Cheese Breakfast Tacos V Blueberry Yogurt Parfait V GF*	30—Sausage, Egg & Cheese Biscuit Double Berry Smoothie V

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MEAL PRICES

Paid Lunch: \$2.70 Paid Breakfast \$1.60
Reduced \$0.40 Reduced \$0.30
Adult Lunch \$3.75 Adult Breakfast \$2.00

To see if you student qualifies for free or reduced meals, apply online or print and submit to your cafeteria manager.

This Month's Main Line Features:



Middle School—Daily Lunch Features

Monday	Tuesday	Wednesday	Thursday	Friday
Luigi's Eatery: Chicken Alfredo Pizza Cheese Stuffed Breadsticks V	Luigi's Eatery: Pepperoni & Jalapeño Pizza	Luigi's Eatery: Cheesy Burger Pizza Cheese Stuffed Breadsticks V	Luigi's Eatery: Ham & Cheese Pizza	Luigi's Eatery: Pepperoni Calzone Cheese Stuffed Breadsticks V

Fresh Baked Pepperoni & Cheese Pizzas Offered Daily V

Delicatessen: Build Your Own Deli Sub or Croissant Sandwich
Choose Ham or Turkey, Cheese, and Fresh Veggie Toppings V

Adobe Grill: Build Your Own Beef or Chicken Nachos or Burrito

Taco Street: Build Your Own Street Tacos: Beef, Chicken or Pulled Pork

Ballpark Line: Variety of Crispy Chicken Sandwiches, Specialty Cheeseburgers, Oven Crispy Chicken, with Tots or Fries Offered Daily



Homemade BBQ sandwiches and stuffed potatoes coming October 2016!

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