

**Lunenburg Middle High School
Lunch Menu
February 2024**

Menu changes are occasionally necessary and notice will be given when possible.

All meals are served at no cost through school year 2023-2024

Monday	Tuesday	Wednesday	Thursday	Friday	Alternative
Vegetarian Gluten Free Options Are Available Please Contact Cafeteria Manager			1 Chicken Nuggets/Sauce Oven fries Carrots Bananas Cal.315 Carb.47	2 Big Daddy Pizza with Veggie sticks Ranch Cup Cal. 480 carb. 49	Antipasto Salad Dinner Roll
5 French Toast Bacon Yogurt cup Cal. 327 Carb. 71 Grapes	6 Taco on a soft shell/spanish rice/chickpea salad Watermelon Cal.395 Carb.33	7 Baked Ravioli Green Beans Dinner Roll Apple Cal.508 Carb.44	8 Cape Cod Chicken Salad on a roll Butternut Squash Cal.320 carb.12 Soup Crackers Apple slices	9 Big Daddy Pizza Carrot Sticks Ranch Cup Pear Cal.480 Carb.49	Greek Salad Pita Bread
12 Egg, Cheese on a croissant Hash Browns Applesauce Cal. 455 Carb. 65 Bananas	13 Cheese Burger Oven Fries Baked Beans Mixed Fruit Cup Cal.479 Carb.56	14 Pasta /Meatballs Beans Garlic Bread Pear Cup Cal.425 Carb.52	15 Chinese New Year Orange Chicken Fried Rice Broccoli Egg Roll Duck Sauce Pineapple	16 Personal Pan Pizza Garden Salad Cal. 480 Carb. 49 Peaches	Garden Salad With crispy chicken Dinner Roll
19 No School	20 No School	21 No School	22 No School	23 No School	
26 Pancakes Hash Brown Sausage Links Oranges I Cal.325 Carb.38	27 Taco Bites Seasoned Rice Bean Salad Watermelon Cal.395 Carb.45	28 Meatball Sub Side Salad Cal.330 Carb. 51 Strawberries	29 BBQ Chicken Mashed potato Corn /Dinner Roll Peach cup Cal.330 Carb.24		Asian Chicken Salad w/ crunchy noodle

This institution is an equal opportunity provider.

Cafeteria Manager John Terho jterho@lunenburgschools.net