



MARCH 2019

LEWIS-PALMER HIGH SCHOOL MENU

Lunch: \$3.00
 Reduced: \$.40
 Free: \$0.00

Monday

Tuesday

Wednesday

Thursday

Friday

Do you know that fruit juices are healthier than soda as they provide some antioxidants but they contain just as much sugar as soft drinks? Juice contains negligible amounts of fiber and this can cause you to drink a lot of juice. It is better to eat fresh fruits as the fiber in the fruit makes you feel fuller and it also helps slow the absorption of the sugar.

1
 Mini Corn Dogs
 Baked Potato Tots
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

4
 Mandarin Orange Chicken
 Steamed Brown Rice
 Broccoli
 Fortune Cookie
 Veggie & Fruit Bar
 Assorted Milk

5
 Chicken Tenders
 Baked French Fries
 Oatmeal Cookie
 Veggie & Fruit Bar
 Assorted Milk

6
 Bratwurst on a Bun
 Coleslaw
 Frosted Cake
 Fruit & Veggie Bar
 Assorted Milk

7
 Chicken & Cheese Quesadilla
 Roasted Corn & Black Beans
 Spanish Rice
 Veggie & Fruit Bar
 Assorted Milk

8
 Macaroni & Cheese
 Steamed Broccoli
 Fruit & Veggie Bar
 Assorted Milk

11
 Vegetable Egg Roll
 Vegetable Fried Rice
 Fortune Cookie
 Fruit & Veggie Bar
 Assorted Milk

12
 Chicken Patty Sandwich
 Baked French Fries
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

13
 LPHS Specialty Pizza
 Steamed Carrots
 Fruit & Veggie Bar
 Assorted Milk

14
 BBQ Rib Sandwich
 Crinkle Cut French Fries
 Dessert Surprise
 Fruit & Veggie Bar
 Assorted Milk

15
 Tomato Soup
 Grilled Cheese Sandwich
 Seasoned Vegetables
 Fruit & Veggie Bar
 Assorted Milk

18
 Teriyaki Chicken
 Steamed Brown Rice
 Steamed Carrots
 Fortune Cookie
 Veggie & Fruit Bar
 Assorted Milk

19
 Baked Chicken Nuggets
 Baked French Fries
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

20
 Beef & Cheese Calzone
 Mixed Vegetables
 Fruit & Veggie Bar
 Assorted Milk

21
 Spaghetti & Meat Sauce
 Green Beans
 Fresh Roll
 Veggie & Fruit Bar
 Assorted Milk

22
 No School

25
 Spring Break
 No School

26
 Spring Break
 No School

27
 Spring Break
 No School

28
 Spring Break
 No School

29
 Spring Break
 No School

There is a choice of entrees served daily with unlimited fruit and vegetable bar
 A different entree is offered daily or a choice of the following entrees are also available:

- Specialty Pizza
- Chicken Patty Sandwich
- Hamburger on Bun
- Grab N' Go Salads

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