




Laconia High School
September, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Alternates: Buffalo chicken salad, salad bar, ham & cheese, PB&J				
 LABOR DAY	Cheeseburger or Hamburger Baked beans Oven fries Choice of fruit	Chicken tender wrap Lettuce, tomato Ranch cup Baked chips Choice of fruit	Make your own meatball sub Salad bar Spicy fries Choice of fruit	Macaroni & cheese California veggies Whole grain roll Choice of fruit
9	10	11	12	13
Alternates: Chef's salad, salad bar, Tuna sandwich, PB&J				
Nashville hot chicken sandwich Lettuce, tomato Spicy fries Choice of fruit	 No school Teacher's Workshop	Honey Chipolte chicken Lime cilantro rice Chili roasted corn Choice of fruit	Baked Ziti Salad Bar Garlic knot Choice of fruit	Firecracker chicken basket Biscuit Oven fries Chickpea salad Choice of fruit
16	17	18	19	20
Alternates: Popcorn chicken salad, salad bar, turkey sandwich, PB&J				
General Gau's chicken Brown rice Steamed broccoli Pineapple	Hot dog WG bun Baked beans Onion Rings Salad bar Choice of fruit	Chicken mashed potato bowl Corn Gravy Biscuit Choice of fruit	Skillet lasagna Garlic knot Salad bar Choice of fruit	Chicken & waffles Syrup Home fries Salad bar Choice of fruit
23	24	25	26	27
Alternates: Chopped power salad w/ chicken, salad bar, honey mesquite chicken sandwich, PB&J				
Boneless chicken wing basket Dipping sauces Oven fries Salad bar Choice of fruit	Cheesy Beef Mac & cheese Green beans Breadstick Choice of fruit	Chicken burrito bowl Seasoned black beans Lime cilantro rice Street corn Choice of fruit	Texas style pulled pork Onion rings Cole slaw Salad bar Choice of fruit	Grilled cheese Tomato soup Goldfish crackers Yogurt Choice of fruit
30	Cobb salad, salad bar, roast beef, PB&J		This institution is an equal opportunity provider.	 Welcome Back!
Chicken fajita Pepper & onions Spanish rice Choice of fruit	Approved applications are required for meal benefits and are not retroactive. Please complete an application as soon as possible. Last year's benefits expire on October 11, 2024			

Breakfast
Mondays
Bagel, Muffin or Benefit bar Yogurt Choice of fruit
Tuesdays
Apple French Toast Bake Syrup Sausage links Choice of fruit
Wednesdays
Warm Cinnamon Roll Yogurt Choice of fruit
Thursdays
French Toast sticks Syrup cup Sausage links Choice of fruit
Fridays
Sausage, egg & cheese Breakfast sandwich Hash brown patty Choice of fruit
Meals served with choice of skim, or fat-free flavored milk.
Meal Prices: Lunch: \$3.75 Reduced \$.40 Adult \$4.00 Breakfast: \$2.00, Reduced - no charge Adult \$2.50. Cold Lunch Milk \$.50

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
French Bread Pizza	Pizza Sticks	Wild Mikes Cheese bites	Pizza Crunchers	Bosco Sticks
Chicken Burger	Pizza	Nachos	Pizza	Baked Potato Bar