

Laramie Middle School

April 29th - May 3rd, 2019

Our menus are aligned with the USDAs Healthier U.S. School Challenge. Menu is subject to change.



Fruits & Vegetables offered daily with lunch choices.

A variety of fruits & vegetables are offered, including locally grown produce when in season. Low fat or fat free milk & 100% juice included with all meals.

LUNCH PRICES: MS Reduced: \$.40, MS Full Pay: \$ 2.90, Adult Lunch: \$ 3.90

A Variety of Favorites

V



- MONDAY** Cheesy Breadsticks w/ Italian Sauce **V**
- TUESDAY** Chicken & Broccoli Alfredo w/ Garlic Knots
- WEDNESDAY** Country Fried Steak w/ Mashed Potatoes, Green Beans and Roll
- THURSDAY** Chili in a Cornbread Bowl
- FRIDAY** Walking Taco

Made-to-Order Deli Sandwiches

V A variety of bread, meat & cheese options with assorted vegetable toppings & condiments



- MONDAY** Meatball Sub Special
- TUESDAY** Teriyaki Chicken Special
- WEDNESDAY** Bacon, Lettuce & Tomato
- THURSDAY** BBQ Chicken Special
- FRIDAY** American Combo

Burgers & Grill

Burgers, grilled cheese & chicken sandwiches with fries offered daily



- MONDAY** Chicken Cordon Bleu w/ Fries
- TUESDAY** Chicken Tenders w/ Tots
- WEDNESDAY** Bacon Cheeseburger w/ Fries
- THURSDAY** BBQ Rib on a Bun w/ Tots
- FRIDAY** Grilled Cheese w/ Tots **V**

Pizza, Flatbread & Stromboli

Cheese & pepperoni pizzas and Caesar salad offered daily



- MONDAY** Spicy Italian Pizza
- TUESDAY** BBQ Chicken Pizza
- WEDNESDAY** Margherita Pizza **V**
- THURSDAY** Chilly Philly
- FRIDAY** Garden Alfredo Pizza

Made-to-Order Mexican

Daily made-to-order chicken, beef, bean & cheese options with assorted toppings



- MONDAY** Nachos, Tacos & Burritos
- TUESDAY** Nachos, Tacos & Burritos
- WEDNESDAY** Nachos, Tacos & Burritos
- THURSDAY** Nachos, Tacos & Burritos
- FRIDAY** Nachos, Tacos & Burritos

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

