

LAMS Lunch Menu

MARCH 2018

Spring Cold Sandwich Menu:

- Monday - Cheese & Cracker Box
- Tuesday - Buffalo Chicken Wrap
- Wednesday - Turkey Pesto Ciabatta
- Thursday - Southwest Chicken Wrap
- Friday - Tuna Sub



FOOD MATTERS
SAN LUIS COASTAL
UNIFIED SCHOOL DISTRICT

MEAL PRICES:
LUNCH \$3.25
REDUCED \$0.40
FREE, IF QUALIFIED

- Daily Entrees:
- Chicken Tender Basket
 - Vegetarian Entree (V)
 - Pepperoni Pizza
 - Cheese Pizza (V)
 - Sandwich/Wrap

All meals include milk and Salad Bar



V = VEGETARIAN OPTION

M 3/5 Crispy or Spicy Chicken Sandwiches with Fries	T 3/6 Chicken and Cheese Tamale with Beans	W 3/7 Spicy Chicken Parmesan and Garlic Breadstick	Th 3/8 Thai Chicken or Sesame Veggie Flatbread (V)	F 3/9 Lemon Chicken with Rice and Local Veggies
M 3/12 Cheesy Carnitas Fries	T 3/13 Chicken Fajita Burrito Bowl with Spanish Rice	W 3/14 Chicken Pesto Pasta with Local Garlic Breadstick	Th 3/15 Meatball Sub with Fries	F 3/16 BKFT 4 LUNCH: Pancakes, Chicken Sausage and Tater Tots
M 3/19 Oven Roasted Chicken with Potatoes	T 3/20 Beef, Bean & Cheese Tostada	W 3/21 Chili Cheese Baked Potato	Th 3/22 Chicken Philly Cheesesteak with Fries	F 3/23 Spicy Chicken Katsu with Rice & Veggies
M 3/26 Grilled Ham & Cheese with Fries	T 3/27 Beef Tacos with Spanish Rice	W 3/28 Classic Mac & Cheese (V)	Th 3/29 Hamburger Bar with Toppings	F 3/30 Teriyaki Fish Bowl with Rice & Veggies