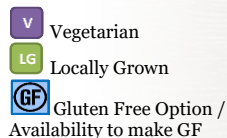


LSRHS

October 2020



Daily Offerings

Fresh & Cupped Fruit

Fresh Veggies

100% Fruit Juice

Milk: Skim Chocolate, 1%,
Lactaid

Reduced Lunch: \$.40*Paid Lunch:
\$3.00*Premium Lunch: \$3.50

Make payments & view
transactions at
myschoolbucks.com

Food & Nutrition Office:
978-443-9961 ext.3290



This institution is an equal opportunity provider.

**All
students
eat free**

All meals are
grab'n'go.
Before dismissal,
meals will be
picked up &
brought home.

**Remote Meals:
M, T, & Th
curbside pick up.
Remote entrees
are **BOLDED****

1

**Turkey Dinner &
Roll**
Chicken Caesar Salad
Roast Beef Sub
Sweet Potatoes

2

Turkey Dinner & Roll
**Chicken Caesar
Salad**
Roast Beef Sub
Golden Corn

5

Chicken Burrito
Tuna Salad Platter
Caprese Ciabatta
Beans

6

Chicken Burrito
Tuna Salad Platter
Caprese Ciabatta
Golden Corn

7

Remote
Caprese Ciabatta
Broccoli

8

Double Burger
Greek Veggie Salad
Turkey BLT
Baby Carrots

9

Double Burger
Greek Veggie Salad
Turkey BLT
Green Beans

12

**Columbus
Day No
School**

13

**Chicken Nuggets &
Dinner Roll**
Fruit & Yogurt Platter
Chicken Caesar Wrap
Veggie Beans

14

Remote
**Fruit & Yogurt
Platter**
Cucumber Coins

15

Breakfast for Lunch
Mozzarella Garden
Salad
Italian Sub
Baby Carrots

16

Breakfast for Lunch
**Mozzarella Garden
Salad**
Italian Sub
Potato Wedges

19

Pasta & Meat Sauce
Hummus & Veggie
Platter
Chicken Salad Sub
Green Beans

20

Pasta & Meat Sauce
**Hummus & Veggie
Platter**
Chicken Salad Sub
Green Peas

21

Remote
Chicken Salad Sub
Baby Carrots

22

Cheese Pizza
Caesar Salad
Ham & Cheese
Ciabatta
Broccoli

23

Cheese Pizza
Caesar Salad
Ham & Cheese
Ciabatta
Chickpea Salad

26

Pulled Pork Sub
Greek Chicken Salad
Tuna Salad Sub
Sweet Tots

27

Pulled Pork Sub
Greek Chicken Salad
Tuna Salad Sub
Green Beans

28

Remote
**Spicy Chicken
Sandwich**
Side Salad

29

Spicy Chicken
Sandwich
Chicken Caesar Salad
Turkey & Cheese
Ciabatta
Potatoes

30

Spicy Chicken
Sandwich
Chicken Caesar Salad
**Turkey & Cheese
Ciabatta**
Chickpea Salad