

September 2020

Lone Oak ISD Middle, High School and **ONLINE PICKUP**

LUNCH



Adult Lunch \$4.25
Paid Student \$3.25
Reduced Student \$.40
A la Carte items sold daily



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Online Students can request meals for Pick Up at: meals@loisd.net
 Must be made one day in advance.

Tuesday

Primo Pizza or Lasagna **1**
 Spinach Salad w/Cucumbers
 Carrot Sticks w/ Ranch
 Texas Watermelon , Fresh Fruit
 Breadsticks w/Marinara Cup

Wednesday

Chicken Fried Steak or Grilled Chicken Filet **2**
 Mashed Potatoes & Gravy
 Pinto Beans, Okra
 Peaches , Fresh Fruit
 Roll

Thursday

Mini Corndogs or Fish Filet Sandwich **3**
 Baby Bakers
 Fresh Broccoli/Tomato Boat
 Ranch Cup
 Grapes , Fresh Fruit
 Birthday Cupcake

Friday

Served Daily **4**
1% White
1% Chocolate
F/F Strawberry
Whole Fresh Fruit
Grab & Go Salads & Sandwiches

7

Primo Pizza or American Beef Macaroni **8**
 Romaine Salad w/Cucumbers
 Carrots Sticks w/Ranch
 Texas Peach, Fresh Fruit
 Breadstick w/Marinara Cup

Chicken Nuggets or Meatloaf **9**
 Mashed Potatoes & Gravy
 Green Beans, Okra
 Strawberries, Fresh Fruit
 Roll

Hamburger w/Cheese or Chicken Sandwich **10**
 Lettuce/Tomato/Pickles
 Baked Beans
 Applesauce Cup, Fresh Fruit
 Fresh Baked Cookie

Online Pick up **11**
Entre In Bold

Nachos or Crispetos w/Cheese Stick **14**
 Lettuce /Tomato
 Refried Beans
 Sidekick, Fresh Fruit
 Salsa Cup

Primo Pizza or Mini Ravioli **15**
 Spinach Salad w/Cucumbers
 Carrots Sticks w/Ranch
 Pears w/Cherries, Fresh Fruit
 Breadsticks w/Marinara Cup

Chicken Tenders or Beef Fingers **16**
 Mashed Potatoes & Gravy
 Savory Carrots, Okra
 Blueberries w/Topping
 Fresh Fruit, Roll

Chicken Sandwich or Fish Sticks **17**
 Lettuce/Tomato/Pickles
 Potato Chips
 Macaroni and Cheese
 Applesauce Cup, Fresh Fruit
 Friend Cookie

This Product was funded by **18**
USDA.
This institution is an equal
opportunity provider.

Orange Chicken w/Rice **21**
 Or Chicken Nuggets
 Steamed Broccoli
 Dragon Punch
 Applesauce Cup, Fresh Fruit
 Fortune Cookie

Primo Pizza or Lasagna **22**
 Spinach Salad w/Cucumbers
 Carrot Sticks w/ Ranch
 Texas Watermelon , Fresh Fruit
 Breadsticks w/Marinara Cup

Chicken Fried Steak or Grilled Chicken Filet **23**
 Mashed Potatoes & Gravy
 Pinto Beans, Okra
 Peaches , Fresh Fruit
 Roll

Mini Corndogs or Fish Filet Sandwich **24**
 Baby Bakers
 Fresh Broccoli/Tomato Boat
 Ranch Cup
 Grapes , Fresh Fruit
 Fresh Baked Cookie

Menu subject to change **25**
due to availability.

Mini Taco or Bean/Cheese Burrito **28**
 Cheese Cup
 Corn, Black Beans
 Sidekick, Fresh Fruit
 Salsa Cup

Primo Pizza or American Beef Macaroni **29**
 Romaine Salad w/Cucumbers
 Carrots Sticks w/Ranch
 Texas Peach, Fresh Fruit
 Breadstick w/Marinara Cup

Chicken Nuggets or Meatloaf **30**
 Mashed Potatoes & Gravy
 Green Beans, Okra
 Strawberries, Fresh Fruit
 Roll

