

# LSRHS

## September 2020

**Welcome  
Back!**

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

**Remote Meals:  
M, T, & Th  
curbside pickup.  
Email  
kitchen@lsrhs.net**

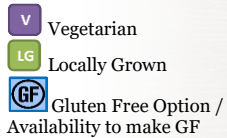
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### Daily Offerings

Fresh & Cupped Fruit

Fresh Veggies

100% Fruit Juice

**Milk:** Skim Chocolate, 1%,  
Lactaid

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**Taco Nachos**  
Hummus & Veggie  
Platter  
Chicken Caesar Wrap  
*Black Bean Salsa*  
*Side Salad*

**Taco Nachos**  
Hummus & Veggie  
Platter  
Chicken Caesar Wrap  
*Golden Corn*  
*Peppers & Onions*

**Remote**

**Oven Roasted  
Chicken & Biscuit**  
Mozzarella Garden  
Salad  
Italian Sub  
*Green Peas*  
*Glazed Carrots*

**Oven Roasted  
Chicken & Biscuit**  
Mozzarella Garden  
Salad  
Italian Sub  
*Celery Sticks*  
*Sweet Potatoes*

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**No School  
Yom Kippur**

**Spicy Chicken  
Sandwich**  
Greek Veggie Salad  
Turkey BLT  
*Black Bean Salsa*  
*Side Salad*  
*Assorted Fruits*

**Remote**

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.