

Lancaster Community School District		4	DATE: 9/22/25 - 9/26/25	
Lunch and Breakfast Menus				
Middle & High School				
Breakfast			Lunch	
3 items are required minimum			* See requirements below	
You must have a fruit or juice. You may have both			SALAD OF THE WEEK: Garden Vegetable Medley	
Monday			Monday	
Apple Juice or Grape Juice or Fresh Fruit Piece			Italian Meat Balls in Sauce	
Entrée 1/Choice			WG Rotini Pasta in Sauce	
Lucky Charms or Cocoa Puffs or Apple Jacks			Cheese Bread Stick	
WG Toast/B optional Grape Jelly			Parsley Carrots	
Assorted Yougurt Cups (optional)			Salad Bar and Fresh Veggies with Dressings	
Entrée 2/Choice			Fruit Cocktail or Fresh Fruit	
Lucky Charms or Cocoa Puffs or Apple Jacks			Ice Cream Cup	
Breakfast Bar			WG Bread/B	
Assorted Yougurt Cups (optional)				
Tuesday			Tuesday	
Apple Juice or Orange Juice or 1 Fresh Fruit Piece			Mini Taco Triangles	
Entrée 1/Choice			Salsa and Sour Cream	
Apple Jacks or Trix or Cocoa Puffs Cereal Bowl			Green Beans	
WG Toast/b optional grape jelly			Corn Muffin	
Cheese Stick (optional)			Salad Bar and Fresh Veggies with Dressings	
Entrée 2/Choice			Pears or Fresh Fruit	
French Toast Sticks/ Pancake Syrup		1 items	M & M Chip Cookie	
Sausage Patty		1 items	WG Bread/B Optional	
Wednesday			Wednesday	
Apple Juice or Tropical Juice or Fresh Fruit Piece			Sloppy Joe Meat on a WG Bun	
Entrée 1/Choice			Peas and Carrots	
Apple Jacks or Cinn. Toast Crunch or Cocoa Puffs Cereal Bowl			Baked Chips	
WG Toast/b optional grape jelly			Pineapple Tidbits or Fresh Fruit Piece	
Assort. Yogurt Cup (optional)			Pudding Cup	
Entrée 2/Choice			WG Bread/B	
Apple Strudel Bar				
Assort. Yogurt Cup (optional)				
Thursday			Thursday	
Apple Juice or Grape Juice or Piece of Fresh Fruit			Pepperoni Pizza	
Entrée 1/Choice			Mixed Vegetables	
Apple Jacks or Trix or Cocoa Puffs Cereal Bowl			Cheese Bread Stick	
WG Toast/b optional grape jelly			Salad Bar and Fresh Veggies with Dressings	
Cheese Stick (optiona)			Applesauce or Fresh Fruit	
Entrée 2/Choice			WG Rice Krispie Bar	
Scrambled Eggs/Cheese OR		1 items	WG Bread/B	
WG Toast/b optional grape jelly				
Friday			Friday	
4 oz. Apple Juice or Orange Juice or Piece of Fresh Fruit			Pizza Patty on WG Bun	
Entrée 1/Choice			Hash Brown Patty	
Apple Jacks or Cocoa Puffs or Golden Grahams Cereal Bowl			Corn	
1 WG Toast/b optional grape jelly			Salad Bar and Fresh Veggies with Dressings	
4 oz. Assort Yogurt Cup (optional)			Peaches or Fresh Fruit	
Entrée 2/Choice			WG Bread/B	
1 small Glazed WG Cinnamon Roll or		2 items		
4 oz. Assort Yogurt Cup (optional)				
* 1 carton milk is included with each meal, 1% white or chocolate.				
* Each meal must have 3/4 cup serving of vegetables or 1/2 cup serving of fruit on the tray in order to qualify as a reimbursable meal				
* One (1) full serving from two (2) other food groups must also be on the tray				
This Institution is an equal opportunity provider				
**ALL FRESH PRODUCE AND FRUIT IS GROWN DOMESTICALLY WHEN POSSIBLE				
* Menus are subject to change dependent on availability, weather, etc.				
LIMITED GRAB AND GO MEAL OPTIONS WILL BE AVAIABLE. THIS CHOICE				
INCLUDES A CARTON OF MILK AND A TRIP TO THE SALAD BAR IF WANTED				