LMS INTERNAL MENU September 2025 -**BREAKFAST**- **Breakfast: 0645-0715** Full Price $2.00 Eligible for Reduced BF $0.30

Monday	Tuesday	Wednesday	Thursday	Friday
-1- 	-2- No School	-3- Pancakes w/Scrambled Egg Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-4- Pork Sausage Gravy w/Biscuit Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-5- Sausage Biscuit Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk
-8- Toast & Jam w/String Cheese Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-9- Egg & Cheese Slider Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk	-10- Waffle & Sausage Sandwich Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-11- Breakfast Bites Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-12- Muffin & Scrambled Egg Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk
-15- Toast & Jam w/String Cheese Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-16- Ham & Cheese Slider Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk	-17- Pancakes w/Scrambled Egg Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-18- Pork Sausage Gravy w/Biscuit Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-19- Sausage Biscuit Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk
-22- Toast & Jam w/String Cheese Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-23- Egg & Cheese Slider Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk	-24- Waffle & Sausage Sandwich Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-25- Muffin & Scrambled Egg Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-26- Breakfast Taco Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk
-29- Toast & Jam w/String Cheese Assorted Smoothie Choice of Juice Choice of Fruit Choice of Milk	-30- Ham & Cheese Slider Assorted Cereal Choice of Juice Choice of Fruit Choice of Milk			

LMS INTERNAL CAFETERIA MENU September 2025

Updated: 8/25/2025// *All menu items subject to change according to seasonality and availability.
Available Daily: Low Fat White Milk, Fat Free Chocolate/Strawberry Milk.

September 2025

-Breakfast-

LINQ Connect - Making Schools Stronger

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SET UP YOUR SCHOOL LUNCH ACCOUNT

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2. REGISTER YOUR FAMILY ON LINQ CONNECT (OPTIONAL)
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LMS INTERNAL MENU September 2025 -**LUNCH**- **Lunch (MWTHF):1025-1110/1110-1155/1155-1240 TUE: 0955-1035/1035-1115/1115-1155**

Full Price $3.75 Eligible for Reduced Lunch $0.40

Monday	Tuesday	Wednesday	Thursday	Friday
-1- 	-2- No School	-3- **Pepperoni Pizza** **Cheese Pizza(V)** **Chicken and Veggie Dumplings** Cucumber & Tomato Salad Seasoned Broccoli Choice of Fruit	-4- **Hamburger/Cheeseburger** **Grilled Chicken Sandwich** **Mediterranean Hummus Salad(V) w/Roll** Oven Fries Dark Green Side Salad Choice of Fruit	-5- **Chicken w/Waffle** **Fish Sticks w/Corn Bread** **Egg & Cheese Biscuit(V)** Baked Beans Savory Sweet Potato Fries Choice of Fruit
-8- **BBQ Chicken Tenders w/Roll** **BBQ Joe Sandwich** **Broccoli Cheese Soup(V) w/Roll** Green Apple Slaw Savory Sweet Potato Fries Choice of Fruit	-9- **Cheese Pizza(V)** **Canadian Bacon Pizza** **Mini Chicken Corn Dogs** Cherry Tomato Bowls Seasoned Broccoli Choice of Fruit	-10- ***Penne w/Meatballs** ***Penne w/Marinara (V)** **Chicken Veggie Dumplings** ***Garlic Baguette for Penne*** Dark Green Side Salad Seasoned Green Peas Choice of Fruit	-11- **Hamburger/Cheeseburger** **Gourmet Grilled Cheese(V)** **Mediterranean Hummus Salad w/Cornbread** Ranch Fries Carrot Dippers Choice of Fruit	-12- **Beef Tacos** **Fish Tacos** **Southwestern Salad(V)w/Chips** Dark Green Side Salad Green Apple Slaw Choice of Fruit
-15- **Chicken Tenders w/Roll** **Baked Potato w/Taco Meat** **Broccoli Cheese Soup(V) w/Roll** Roasted Cauliflower Broccoli Salad Choice of Fruit	-16- **Pepperoni Pizza** **Cheese Pizza(V)** **Greek Beef Salad Wrap** Spinach Mandarin Side Salad Seasoned Green Beans Choice of Fruit	-17- **Beef Fiesta Bowl** **Chicken Fiesta Bowl** **Cheese Quesadilla(V)** Dark Green Side Salad Seasoned Corn Choice of Fruit	-18- **Hamburger/Cheeseburger** **Grilled Chicken Sandwich** **Market Salad(V) w/G.Baguette** Pizza Beans Savory Sweet Potato Fries Choice of Fruit	-19- **Chicken Veggie Dumplings** **Meatball Sub** **Fish Sticks w/Roll** Celery Sticks Seasoned Carrots Choice of Fruit
-25- **BBQ Wings w/Rice** **Three Beans Chili w/Rice** **Greek Beef Salad Wrap** Seasoned Green Beans Sweet Potato Fries Choice of Fruit	-9- **Cheese Pizza(V)** **Canadian Bacon Pizza** **Mini Chicken Corn Dogs** Cherry Tomato Bowls Seasoned Broccoli Choice of Fruit	-27- **Cheesy Breadsticks(V) w/Sauce** **Mini Chicken Corn Dogs** **Beefy Mac & Cheese** Dark Green Side Salad Seasoned Green Peas Choice of Fruit	-28- **Hamburger/Cheeseburger** **Chicken Torta w/Lime Crema** **Southwestern Salad(V)w/Chips** Oven Fries Cucumber Coins Choice of Fruit	-29- **Hawaiian Chicken Wrap** **Hot Ham & Cheese Sandwich** **Mediterranean Hummus Salad(V) w/Cornbread** Baked Beans Green Apple Slaw Choice of Fruit
-29- **Cheesy Breadsticks(V) w/Sauce** **Teriyaki Chicken Wings w/FriedRice** **Teriyaki Meatballs w/FriedRice** Seasoned Peas & Carrots Bell Pepper Strips Choice of Fruit	-30- **Pepperoni Pizza** **Cheese Pizza(V)** **Chicken Veggie Dumplings** Dark Green Side Salad Seasoned Broccoli Choice of Fruit			

September 2025 -Lunch-

Free and Reduced Meal!!!

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SUBMIT YOUR SCHOOL YEAR 2025/2026 ONLINE APPLICATION FOR FREE OR REDUCED MEALS

» A NEW APPLICATION IS REQUIRED FOR EVERY SCHOOL YEAR.

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LMS INTERNAL CAFETERIA MENU September 2025

Updated: 8/25/2025// *All menu items subject to change according to seasonality and availability.

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