January 2023

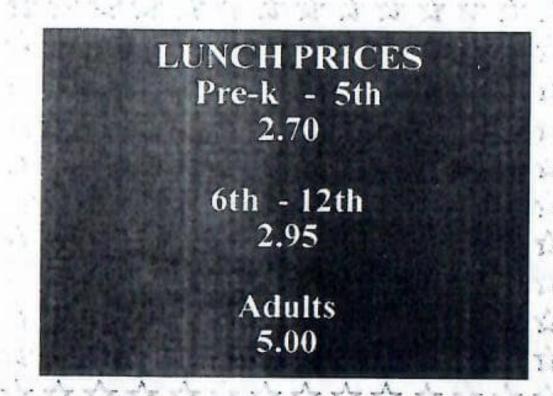
Fruit Served with Every Meal
Each day, 1% and fat-free milk is
offered with all meals.

Elementary Lunch Schedule
PreK-5th
10;50 -12;30

Jr. High School Lunch Schedule
11:33 - 12;03

High School Lunch Schedule
12;28 - 12;58

lola ISD Lynch Meny



1% or nonfat milk served with every meal.

Mon	Tue	Wed	Thu	Fri
Pre-k				
8	Corndog Green Beans Glazed Carrots Fruit	Cheese Sticks Garden Salad Veggie Sticks Ranch Dressing Fruit	11 Chicken Quesadilla Pinto Beans Garden Salad Ranch Dressing Fruit	Cheeseburger Tator Tots Lettuce/Tomato/ Onions, Pickle Spears Mayo, Mustard, Ketchup Fruit
M.L. King Holi-	Frito Pie Veggie Sticks Garden Salad Ranch Dressing Fruit	Beef Spaghetti Garlic Toast Garden Salad Veggie Sticks Ranch Dressing Fruit	Beef Nacho's Pinto Beans Garden Salad Ranch dressing Fruit	Cheeseburger Tator Tots Lettuce/Tomato/ Onions, Pickle Spears Mayo, Mustard, Ketchup Fruit
Chicken Tenders Mashed Potatoes Gravy Green Beans Whole Wheat Roll Fruit	Pizza Corn Garden Salad Ranch Dressing Fruit	Corndogs Veggie Sticks Garden Salad Ranch Dressing Fruit	Beef Taco's Pinto Beans Garden Salad Ranch Dressing Fruit	Cheeseburger Tator Tots Lettuce/ Tomato/ Onion Pickle Spears, Mayo, Mustard, Ketchup Fruit Fruit
Chicken Nuggets Mashed Potatoes Gravy Broccoli & Cheese Whole Wheat Roll	Corndog Veggie Sticks Garden Salad Ranch Dressing	Turkey Cheese Wrap Garden Salad Veggie Sticks Ranch Dressing		

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