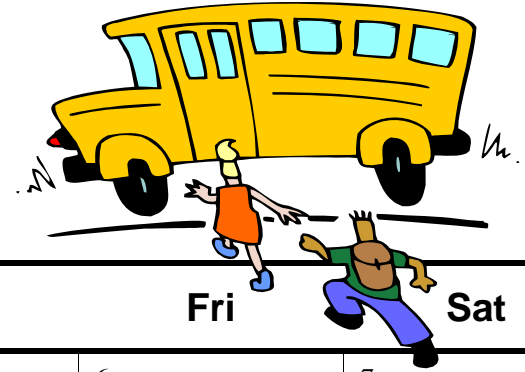


August 2010

North Lamar ISD
High School
Lunch Menus



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Egg Roll or Quesadillas, Steamed Rice, Broccoli & Carrots, Pineapple, Milk	24 Nachos or Enchiladas, Salsa, Spanish Rice, Corn, Peaches, Milk	25 Fried Chicken or Steak Fingers, Mashed Potatoes, Broccoli, Pears, Hot Roll, Milk	26 Lasagna or Spaghetti, Corn, Tossed Salad, Apple Wedges, Bread Sticks, Milk	27 Sloppy Joe or Pimento Cheese, Baked Beans, Pickle Spears, Mixed Fruit, Milk	28
29	30 Chicken Nuggets or Steak Fingers, Mashed Potatoes, Carrot Sticks, Apple Wedges, Hot Roll, Milk	31 Grilled Cheese or Hot Ham & Cheese, Vegetable Soup, Pickles, Pears, Crackers, Milk	1 Taco Salad or Burrito w/Cheese Stick, Salsa, Corn, Peaches, Milk	2 Sloppy Joe or Tuna on wheat, Baked Beans, Pickles, Mixed Fruit w/Topping, Milk	3 Baked Chicken or Bar-B-Q on Bun, Potato Salad, Celery Sticks, Orange Slices, Wheat Bread, Milk	