

FREE LUNCH & BREAKFAST

FOR ALL LISD STUDENTS DURING THE 2021-2022 SY

LISD students will receive **free lunch and breakfast meals** during the 2021- 2022 school year with special funding authorized by the United States Department of Agriculture. For meals to be free for students, they must be compliant with USDA regulations. Second meals and a la carte items are available for purchase.

Research shows students learn better when they are well nourished. Healthy eating has been linked to higher grades, better memory, more alertness, faster information processing, and improved health leading to better school attendance.

We encourage our students to join us for well-balanced, free meals in one of our cafeterias every school day.



LACKLAND
Independent School District

HIGH SCHOOL LUNCH MENU FOR THE MONTH OF OCTOBER - NOVEMBER

Monday 10/11	Tuesday 10/12	Wednesday 10/13	Thursday 10/14	Friday 10/15
Seasoned Baked Chicken Salisbury Steak Mashed Potatoes Brown Gravy Green Peas, Dinner Roll Fresh Fruit/Chilled Fruit	Cheese or Pepperoni Pizza Grilled Chicken Salad Fresh Baby Carrots w/Dip Normandy Blend Vegetables Fresh Bananas Chilled Fruit	Crispy Beef Tacos BBQ Pork Baked Potato Seasoned Pinto Beans Spanish Rice Taco Trimming Fresh Fruit/Chilled Fruit	Spaghetti & Meat Sauce Burrito (Beef, Bean & Cheese) Steamed Broccoli Seasoned Carrots Fresh Fruit/Chilled Fruit	Hamburger/Cheeseburger Turkey & Cheese Sub Sun Chips Burger Salad Fresh Fruit Chilled Fruit
Monday 10/18	Tuesday 10/19	Wednesday 10/20	Thursday 10/21	Friday 10/23
Turkey Pot Pie Mini Corn Dogs Steamed Rice Herbed Carrots Garden Fresh Side Salad Fresh Fruit Chilled Fruit	Stuffed Crust Pizza Sloppy Joe Black Beans Fresh Broccoli Dippers Fresh Fruit Chilled Fruit	Chicken fajita Tacos Chili Mac Seasoned Green Beans Ranch Style Beans Savory Corn Bread Chilled Fruit Fresh Fruit	Chicken Parmesan Cheese Quesadilla Herbed Spinach Carrots & Celery Sticks Fresh Fruit Chilled Fruit	Breaded Chicken Burger Fish Sandwich Burger Salad Tater Tots Fresh Fruit Chilled Fruit
Monday 10/25	Tuesday 10/26	Wednesday 10/27	Thursday 10/28	Friday 10/29
Steak Fingers Chicken Tenders Country Gravy Mac & Cheese Seasoned Broccoli Hot Rolls Fresh Fruit/Chilled Fruit	Cheese or Pepperoni Pizza Chili Frito Pie Seasoned Carrots Green Beans Fresh Fruit/Chilled Fruit	BBQ Pulled Pork Sandwich Chicken Alfredo with a Twist Seasoned Corn Pinto Beans Fresh Fruit Cinnamon Apples	Teriyaki Chicken Grilled Cheese Normandy Blend Veggies Asian Rice Seasoned Spinach Fresh/Chilled Fruit	Hamburger / Cheeseburger Hot Dogs Sweet Potato Fries Baked Beans Burger Salad Fresh/Chilled Fruit
Monday 11/1	Tuesday 11/2	Wednesday 11/3	Thursday 11/4	Friday 11/5
Popcorn Chicken Bowl Turkey with Gravy Mashed Potatoes Green Beans Hot Rolls Fresh Fruit/Chilled Fruit	Stuffed Crust Pizza Cheese Enchiladas Fresh Baby Carrots w/Dip Seasoned Pinto Beans Fresh Fruit Chilled Fruit	Homemade Lasagna Chicken Nuggets Pasta salad Garden Fresh Salad Fresh Fruit Chilled fruit	Beef Nachos Turkey Corn dog Steamed Broccoli Seasoned Carrots Fresh Fruit Chilled Fruit	Hamburger/Cheeseburger Fish Nuggets w/Bread Stick French Fries Burger Salad Fresh Fruit / Chilled Fruit

Yogurt Tray Offered Daily.

Menu items subject to change based on availability

Fat-free, 1% plain milk or lactose free milk offered daily

Variety of fresh fruits and vegetables offered daily.

Menu subject to change based on availability

CHILD NUTRITION NEWS

Even though all students are eligible for FREE meals this school, Lackland ISD will be accepting free and reduced applications. Families are encouraged to complete an application since it will benefit the school and qualify eligible students for potential P-EBT benefits and free meals during next year's 30-day carry over period. The information collected from the Free and Reduced Program is used to establish other federal funding rates such as the E-Rate program used for technology. Applications will be provided at the start of the school year and will be available at the front office or the cafeteria throughout the school year.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.