



Elementary School Lunch Menu



2018

Monday October 1	Tuesday October 2	Wednesday October 3	Thursday October 4	Friday October 5
<p>Entrées Philly Steak Sandwich</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable Oven Roasted Potatoes</p> <p>Fruit Peaches</p>	<p>Entrées Nachos –Seasoned Taco Beef with Tortilla Chips and Fixings</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable Corn Black Beans</p> <p>Fruit Mandarin Oranges</p>	<p>Entrées Macaroni and Cheese</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable NATIONAL KALE DAY Kale Chips Sweet Potato Fries</p> <p>Fruit Strawberries</p>	<p>Entrées Pancakes with Sausage and Syrup</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable Tator Tots</p> <p>Fruit Fresh Sliced Oranges</p>	<p>Entrées Krabby Patty - Beef and Veggie Patty with Ketchup and Cheese on a Hamburger Bun Cheese or Veggie Pizza</p> <p>Vegetable Emoji Fries</p> <p>Fruit Apple Sauce</p>
Monday October 8	Tuesday October 9	Wednesday October 10	Thursday October 11	Friday October 12
<p>Entrées Meatball Sandwich with or without Cheese</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Tator Tots</p> <p>Fruit Peaches</p>	<p>Entrées Quesadilla: Cheese or Chicken and Cheese with Fixings</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Corn Black Beans</p> <p>Fruit Pears</p>	<p>Entrées Lemon Buttered Chicken over Egg Noodles</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Broccoli</p> <p>Fruit Grapes</p>	<p>Entrées Mrs. T's Mini Cheese and Potato Pierogi's</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Green Beans Mediterranean Chickpea Salad</p> <p>Fruit Pineapple</p>	<p>Entrées Penne Pasta With Meatballs</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Hash Brown Potato</p> <p>Fruit Grapes</p>
Monday October 15	Tuesday October 16	Wednesday October 17	Thursday October 18	Friday October 19
<p>Entrées Mozzarella Sticks with Pizza Dipping Sauce</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Mixed Vegetables</p> <p>Fruit Peaches</p>	<p>Entrée 2 Taco Tuesday – Taco Beef on a Soft Shell Tortilla with Fixings</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Corn Black Beans</p> <p>Fruit Pineapple</p>	<p>Entrées General Tso's Chicken with Brown Rice</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Edamame</p> <p>Fruit Applesauce</p>	<p>Entrées French Toast Sticks with Syrup and Sausage</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Tator Tots</p> <p>Fruit Mandarin Oranges</p>	<p>Entrées Deli Bar (Choice of Turkey or Ham) Served with Cheese on a Club Roll</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Caesar Salad Mediterranean chickpea salad</p> <p>Fruit Grapes</p>



Prices

Student: **\$3.00**
 Reduced: **\$0.40**
 Adult: **\$4.50**
 Milk: **\$.55**

Choice of Fat Free White, 1% Milk, Fat Free Chocolate and Lactaid available daily with all meals

Deposits for lunch, breakfast and snacks can be made in cash or by personal check made out to:

LMSD Nutritional Services

If you wish to track payments and purchases online, sign up at:

www.myschoolaccount.com

Apply For Free or Reduced School Breakfast & Lunch at:
<http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

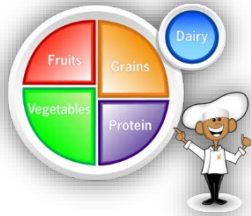
Questions? Please contact the Food Service Office at 610-645-1990

Menu Subject to Change



Monday October 22	Tuesday October 23	Wednesday October 24	Thursday October 25	Friday October 26
Entrées Lasagna Roll-Up	Entrées Waffle Sticks with Syrup and Sausage	Entrées Baked Potato Bar with Taco Beef, Cheese, Broccoli and Pretzel Stick	Entrées Pizza Bagel	Entrées Roasted Turkey with Gravy Dinner Roll
Hot Dog	Hot Dog	Hot Dog	Hot Dog	Hot Dog
Vegetable Sautéed Spinach	Vegetable Tator Tots	Vegetable Broccoli	Vegetable Celery Sticks with Dip	Vegetable Mashed Potatoes
Fruit Peaches	Fruit Strawberries	Fruit Applesauce	Fruit Grapes	Fruit Warm Apple Crisp

Bottled Water
8oz Bottled Water is \$.60
Water is not included with the meal.



School Lunch Consists of the Following Five Food Components

Must take ½ cup fruit or vegetable plus 2 other components for the meal cost of \$3.00. Entrees include protein and grain component.

1. Meat/Meat Alternate (Protein)
2. Grain (Bread, Rice, Pasta)
3. Fresh or Cooked Vegetables
4. Fresh Fruit, Chilled Fruit or 100% Fruit Juice
5. Milk Offerings Include: Fat Free White, 1% White, Fat Free Chocolate or Lactaid

Students may choose up to (4) ½ cup servings of fruits and vegetables with a meal including (1) 4oz juice and limit to one serving of French Fries.

Each additional 4oz juice and serving of French Fries, hash brown, tator tots will be charged in addition to the meal.

Fruit Variety Offered with Meal May Include:

Sliced Bagged Apples	Peach Cup
Strawberry Cup	Applesauce
100% Fruit Juice	Sliced Oranges
Whole Fruit- Apples, Bananas, Oranges, Pears	
Grapes	
Fruit Cups- Mixed Fruit, Peaches, Pears, Cherries	

Vegetable Variety Offered with Meal May Include:

Cooked Vegetable of the day on hot line
 Bagged Baby Carrots offered daily
 Vegetable Cups- Snow Peas, Cherry Tomatoes, Celery, Cucumber, Broccoli, Cauliflower
 Salad Bar- 5oz bowl of vegetable variety or 8oz bowl of lettuce

Breakfast for Lunch \$3.00

Choice of Cereal or Bagel Pack to include:

Cereal Bowl or 3oz Bagel
 8oz Fat Free White, 1% White, Fat Free Chocolate or Lactaid Milk
 4oz Yogurt or 1oz Cheese Stick
 Bagged Baby Carrots or Sliced Bagged Apples
 Plus additional fruits, fruit juice and vegetables available on serving lines.

Vegetarian Options Served Daily \$3.00

(Make it a lunch by adding items such as milk, fruit/fruit juice, vegetables, &/or grain)

Assorted Salads
 Grilled Cheese Sandwich on WW Bread