




Elementary School Lunch Menu



2018

Monday May 28	Tuesday May 29	Wednesday May 30	Thursday May 31	Friday June 1
 <p>Entrées Philly Steak Sandwich on a Club Roll with or without Cheese</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Mixed Vegetables Caesar Salad</p> <p>Fruit Peaches</p>	<p>Entrées Nachos –Seasoned Taco Beef with Tortilla Chips and Fixings</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Corn Black Beans Baby Carrots with fresh Hummus dip</p> <p>Fruit Pears</p>	<p>Entrées Mini Chicken Corn Dogs</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Broccoli Caesar Salad</p> <p>Fruit Sliced Oranges</p>	<p>Entrées Pancakes with Sausage and Syrup</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Tator Tots Baby Carrots with fresh Hummus dip</p> <p>Fruit Pineapple Chunks</p>	
Monday June 4	Tuesday June 5	Wednesday June 6	Thursday June 7	Friday June 8
<p>Entrées Meatball Sandwich on a Cub Roll with or without Cheese</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Green Beans Baby Carrots with fresh Hummus dip</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 Caesar Salad</p> <p>Fruit Pears</p>	<p>Entrées BBQ Rib Sandwich on a Club Roll</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Mashed Potatoes Baby Carrots with fresh Hummus dip</p> <p>Fruit Sliced Orange</p>	<p>Entrées Macaroni and Cheese</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Sautéed Spinach Caesar Salad</p> <p>Fruit Applesauce</p>	<p>Entrées Deli Bar (Choice of Turkey or Ham) Served with Cheese on a Club Roll</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Cucumbers with Lite Ranch Dip Baby Carrots with fresh Hummus dip</p> <p>Fruit Mixed Fruit</p>
Monday June 11	Tuesday June 12	Wednesday June 13	Thursday June 14	Friday June 15
<p>Entrées Mozzarella Sticks with Pizza Dipping Sauce</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Mixed Vegetables Baby Carrots with fresh Hummus dip</p> <p>Fruit Peaches</p>	<p>Entrées 2 Taco Tuesday – Taco Beef on a Soft Whole Grain Tortilla with Brown Rice and Fixings</p> <p>Hot Dog on a Whole Grain Bun</p> <p>Vegetable Corn Black Beans Caesar Salad</p> <p>Fruit Mixed Fruit</p>	<p>Entrées Grilled Cheese Sandwich</p> <p>OR MANAGERS SPECIAL</p> <p>Hot Dog on a Whole Grain Bun</p> <p>Vegetable Sweet Potato Fries Caesar Salad</p> <p>Fruit Pears</p>	<p>Entrées Managers Special</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Vegetable du Jour</p> <p>Fruit Fruit du Jour</p>	<p>Early Dismissal</p> <p>Last Day of School</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



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.

<p>Bottled Water 8oz Bottled Water is \$.60 Water is not included with the meal.</p>	<p>Breakfast for Lunch \$3.00, Reduced \$.40 or Free based on eligibility</p>
<p><u>Fruit Variety Offered with Meal May Include:</u></p> <p>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</p>	<p><u>Choice of Cereal or Bagel Pack to include:</u></p> <p>Cereal Bowl (selection of whole grain low sugar cereals) or 3oz Whole Grain 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.</p>
<p><u>Vegetable Variety Offered with Meal May Include:</u></p> <p>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</p>	<p>Vegetarian Options Served Daily \$3.00 Reduced \$.40 or Free based on eligibility</p> <p>Make it a lunch by adding items such as milk, fruit/fruit juice, vegetables, &/or grain)</p> <p>Assorted Salads Grilled Cheese Sandwich on WW Bread</p>