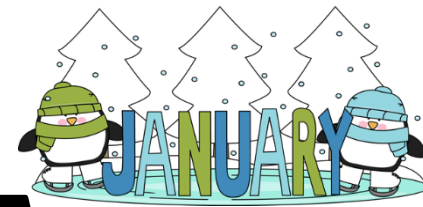




Elementary School Lunch Menu



2019

Monday December 31	Tuesday January 1	Wednesday January 2	Thursday January 3	Friday January 4
<p>Happy New Year</p>	<p>Happy New Year</p>	<p>Entrées Meatball Sandwich with or without Cheese</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Potato Wedges Caesar Salad</p> <p>Fruit Peaches</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>	<p>Entrées Mini Chicken Corn Dogs</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Broccoli</p> <p>Fruit Mixed Berries Cups</p>
Monday January 7	Tuesday January 8	Wednesday January 9	Thursday January 10	Friday January 11
<p>Entrées Philly Steak Sandwich with or without Cheese on a Club Roll</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Green Beans Baby Carrots with fresh Hummus Dip</p> <p>Fruit Apple Slices</p>	<p>Entrées Walking Taco</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Corn and Black Beans Salad Caesar Salad</p> <p>Fruit Banana</p>	<p>Entrées French Toast Sticks with Syrup and Sausage</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Tator Tots Baby Carrots with fresh Hummus Dip</p> <p>Fruit Pears</p>	<p>Entrées Mozzarella Sticks with Pizza Dipping Sauce</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Caesar Salad Three Bean Salad</p> <p>Fruit Peaches</p>	<p>Entrées Pollock Sea Wonders Fun Shaped Breaded Fish With Rice, and Tartar Sauce</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Caesar Salad</p> <p>Fruit Mandarin Oranges</p>
Monday January 14	Tuesday January 15	Wednesday January 16	Thursday January 17	Friday January 18
<p>Entrée Penne Pasta with Meat Sauce</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Spinach Caesar Salad</p> <p>Fruit Peaches</p>	<p>Entrée 2 Taco Tuesday – Taco Beef on a Soft Whole Grain Tortilla with Fixings</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Corn and Black Beans Salad Caesar Salad</p> <p>Fruit Grapes</p>	<p>Entrées Waffle Sticks with Syrup and Sausage</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Tator Tots</p> <p>Fruit Sliced Oranges</p>	<p>Entrées Deli Bar (Choice of Turkey or Ham) Served with Cheese on a Club Roll</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Snow Peas Baby Carrots with fresh Hummus dip</p> <p>Fruit Banana</p>	<p>EARLY DISMISSAL NO LUNCH SERVED</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

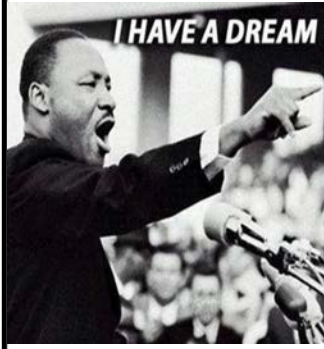
If you wish to track payments and purchases online, sign up at:
www.myschoolaccount.com

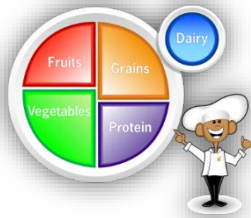
Apply For Free or Reduced School Breakfast & Lunch at:
<http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

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

Menu Subject to Change



Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25
	<p>Entrées Quesadilla: Cheese or Chicken and Cheese with Fixings</p> <p>Hot Dog on Whole Grain Bun</p> <p>Vegetable Corn and Black Bean Salad Caesar Salad</p> <p>Fruit Pineapple</p>	<p>Entrées Baked Potato Bar with Taco Beef, Cheese, Broccoli and Pretzel Stick</p> <p>Hot Dog on Whole Grain Bun</p> <p>Vegetable Broccoli Baby Carrots with Fresh Hummus dip</p> <p>Fruit Applesauce</p>	<p>Entrées Grilled Cheese Sandwich</p> <p>Hot Dog on Whole Grain Bun</p> <p>Vegetable Sweet Potato Fries Caesar Salad</p> <p>Fruit Pears</p>	<p>Entrée The Knights Burger Burger with Cheddar Cheese, and Ketchup on a Whole Grain Bun</p> <p>Hot Dog on Whole Grain Bun</p> <p>Vegetable Sautéed Spinach Mediterranean Chickpea Salad</p> <p>Fruit Peaches</p>



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. Entrées 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>