



# Elementary School Lunch Menu



2017

Monday November 27	Tuesday November 28	Wednesday November 29	Thursday November 30	Friday December 1
<p><b>Entrées</b> Philly Steak Sandwich with or without Cheese on a Club Roll</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Potato Wedges Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Peaches</p>	<p><b>Entrées</b> Nachos –Seasoned Taco Beef with Tortilla Chips and Fixings</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Corn Black Beans Caesar Salad</p> <p><b>Fruit</b> Pears</p>	<p><b>Entrées</b> Lemon Buttered Chicken over Whole Grain Rotini Pasta</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Sautéed Spinach Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Mixed Fruit Cup</p>	<p><b>Entrées</b> Chili (Beans and Ground Beef with Chili Seasonings and Tomato) or Vegetarian Chili and Dinner Roll</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Broccoli Caesar Salad</p> <p><b>Fruit</b> Fresh Sliced Oranges</p>	<p><b>Entrées</b> Pancakes with Sausage and Syrup</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Tator Tots Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Pineapple Chunks</p>
Monday December 4	Tuesday December 5	Wednesday December 6	Thursday December 7	Friday December 8
<p><b>Entrées</b> Meatball Sandwich with or without Cheese</p> <p>Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Green Beans Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Peaches</p>	<p><b>Entrées</b> Quesadilla: Cheese or Chicken and Cheese with Fixings</p> <p>Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Corn Black Beans Caesar Salad</p> <p><b>Fruit</b> Pears</p>	<p><b>Entrées</b> BBQ Rib Sandwich on a Club Roll</p> <p>Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Mashed Potatoes Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Sliced Orange</p>	<p><b>Entrées</b> Mrs. T's Mini Cheese and Potato Pierogi's</p> <p>Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Broccoli Caesar Salad</p> <p><b>Fruit</b> Pineapple</p>	<p><b>Entrées</b> Egg and Cheese or Bacon on a Whole Grain Croissant Egg and Cheese on a Whole Grain Croissant</p> <p>Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Hash Brown Potato Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Mixed Fruit</p>
Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14	Friday December 15
<p><b>Entrées</b> Mozzarella Sticks with Pizza Dipping Sauce</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p><b>Vegetable</b> Mixed Vegetables Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Peaches</p>	<p><b>Entrée</b> 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><b>Vegetable</b> Corn Black Beans Caesar Salad</p> <p><b>Fruit</b> Pineapple</p>	<p><b>Entrées</b> General Tso with Grilled Chicken, Brown Rice</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p><b>Vegetable</b> Broccoli Edamame</p> <p>Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Applesauce</p>	<p><b>Entrées</b> Whole Grain Macaroni and Cheese</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p><b>Vegetable</b> Sweet Potato Fries Caesar Salad</p> <p><b>Fruit</b> Mixed Fruit cup</p>	<p><b>Entrées</b> 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><b>Vegetable</b> Snow Peas Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Mandarin Oranges</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](http://www.myschoolaccount.com)

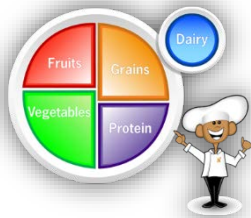
Apply For Free or Reduced School Breakfast & Lunch at: <http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

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

\*Menu Subject to Change\*



Monday December 18	Tuesday December 19	Wednesday December 20	Thursday December 21	Friday December 22
<p><b>Entrées</b> French Toast Sticks with Syrup and Sausage</p> <p>Hot Dog on Whole Grain Bun</p> <p><b>Vegetable</b> Tator Tots Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Peaches</p>	<p><b>Entrées</b> Pizza Bagel</p> <p>Hot Dog on Whole Grain Bun</p> <p><b>Vegetable</b> Mixed Vegetables Caesar Salad</p> <p><b>Fruit</b> Mixed Fruit</p>	<p><b>Entrées</b> Baked Potato Bar with Taco Beef, Cheese, Broccoli and Pretzel Stick</p> <p>Hot Dog on Whole Grain Bun</p> <p><b>Vegetable</b> Broccoli Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Applesauce</p>	<p><b>Entrées</b> Grilled Cheese Sandwich</p> <p>Hot Dog on Whole Grain Bun</p> <p><b>Vegetable</b> Sweet Potato Fries Caesar Salad</p> <p><b>Fruit</b> Pears</p>	<p><b>Entrées</b> Manager's Special</p> <p>Hot Dog on Whole Grain Bun</p> <p><b>Vegetable</b> Fresh Vegetable Cup Variety</p> <p><b>Fruit</b> Fresh Fruit Cup Variety</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><b>Bottled Water</b> 8oz Bottled Water is \$.60 Water is not included with the meal.</p>	<p><b>Breakfast for Lunch \$3.00, Reduced \$.40 or Free</b> 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><b>Vegetarian Options Served Daily \$3.00 Reduced \$.40 or Free</b> based on eligibility</p> <p>Make it a lunch by adding items such as milk, fruit/fruit juice, vegetables, &amp;/or grain)</p> <p>Assorted Salads Grilled Cheese Sandwich on WW Bread</p>