



# Elementary School Lunch Menu



2018

Monday February 26	Tuesday February 27	Wednesday February 28	Thursday March 1	Friday March 2
<p><b>Entrées</b> Philly Steak Sandwich on a Club Roll with or without Cheese</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Mixed Vegetables 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> Mini Chicken Corn Dogs</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Broccoli Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Sliced Oranges</p>	<p><b>Entrées</b> Krabby Patty - Beef and Veggie Patty with Ketchup and Cheese on a Hamburger bun</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p><b>Vegetable</b> Emoji Smiley Fries Caesar Salad</p> <p><b>Fruit</b> Applesauce</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 March 5	Tuesday March 6	Wednesday March 7	Thursday March 8	Friday March 9
<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> Macaroni and Cheese</p> <p>Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Sautéed Spinach Caesar Salad</p> <p><b>Fruit</b> Applesauce</p>	<p><b>Entrées</b> Deli Bar (Choice of Turkey or Ham) Served with Cheese on a Club Roll</p> <p>Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Cucumbers with Lite Ranch Dip Baby Carrots with fresh Hummus dip</p> <p><b>Fruit</b> Mixed Fruit</p>
Monday March 12	Tuesday March 13	Wednesday March 14	Thursday March 15	Friday March 16
<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> French Toast Sticks with Syrup and Sausage</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p><b>Vegetable</b> Tator Tots Caesar Salad</p> <p><b>Fruit</b> Pineapple</p>	<p>EARLY DISMISSAL No Lunch Served</p>	<p>EARLY DISMISSAL No Lunch Served</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](http://www.myschoolaccount.com)

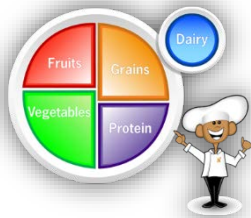
Apply For Free or Reduced School Breakfast & Lunch at:  
<http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

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

\*Menu Subject to Change\*



Monday March 19	Tuesday March 20	Wednesday March 21	Thursday March 22	Friday March 23
<b>Entrées</b> Grilled Cheese Sandwich  Hot Dog on a Whole Grain Bun	<b>Entrées</b> 2 Taco Tuesday – Taco Beef on a Soft Whole Grain Tortilla with Brown Rice and Fixings  Hot Dog on a Whole Grain Bun	<b>Entrées</b> Lemon Buttered Chicken with Rotini  Hot Dog on a Whole Grain Bun	<b>Entrées</b> Baked Potato Bar with Taco Beef, Cheese, Broccoli and Soft Pretzel Stick  Hot Dog on a Whole Grain Bun	<b>Entrées</b> Pizza Bagel  Hot Dog on a Whole Grain Bun
<b>Vegetable</b> Sweet Potato Fries Caesar Salad	<b>Vegetable</b> Corn Black Beans Caesar Salad	<b>Vegetable</b> Oven Roasted Cauliflower with Parmesan Cheese Baby Carrots with fresh Hummus dip	<b>Vegetable</b> Broccoli	<b>Vegetable</b> Green Beans Baby Carrots with fresh Hummus dip
<b>Fruit</b> Pears	<b>Fruit</b> Mixed Fruit	<b>Fruit</b> Applesauce	<b>Fruit</b> Strawberries with Whipped Topping	<b>Fruit</b> Fresh Grapes



**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>