



# Elementary School Lunch Menu



Monday October 29	Tuesday October 30	Wednesday October 31	Thursday November 1	Friday November 2
<p><b>Entrées</b> Philly Cheese Steak Sandwich</p> <p><b>Vegetable</b> French Fries</p> <p><b>Fruit</b> Apple Sauce</p>	<p><b>Entrées</b> Mummy Dogs and Spider Webs (Mini Chicken Corn Dogs and Dutch Waffle) Cheese or Veggie Pizza</p> <p><b>Vegetable</b> Monster Salad with Dressing</p> <p><b>Fruit</b> Mandarin Oranges</p>	<p><b>Entrées</b> Early Dismissal No Lunch Served</p>	<p><b>Entrées</b> Pancakes with Sausage and Syrup Cheese or Veggie Pizza</p> <p><b>Vegetable</b> Hash Browns</p> <p><b>Fruit</b> Fresh Sliced Oranges</p>	<p><b>Entrées</b> Taco Mac &amp; Cheese Cheese or Veggie Pizza</p> <p><b>Vegetable</b> Peas &amp; Carrots Caesar salad</p> <p><b>Fruit</b> Grapes</p>
Monday November 5	Tuesday November 6	Wednesday November 7	Thursday November 8	Friday November 9
<p><b>Entrées</b> Meatball Sandwich with or without Cheese Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Spinach</p> <p><b>Fruit</b> Peaches</p>	<p>School Closed</p>	<p><b>Entrées</b> BBQ Beef Rib sandwich Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Emoji Smiley Fries Mediterranean Chickpea Salad</p> <p><b>Fruit</b> Sliced Orange</p>	<p><b>Entrées</b> Tortellini with Alfredo Sauce Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> Broccoli</p> <p><b>Fruit</b> Pineapple</p>	<p><b>Entrées</b> Turkey Panini with melted American cheese Chicken Tenders and Dinner Roll</p> <p><b>Vegetable</b> French Fries</p> <p><b>Fruit</b> Grapes</p>
Monday November 12	Tuesday November 13	Wednesday November 14	Thursday November 15	Friday November 16
<p><b>Entrées</b> Mozzarella Sticks with Pizza Dipping Sauce Hamburger or Cheeseburger</p> <p><b>Vegetable</b> Mixed Vegetables</p> <p><b>Fruit</b> Peaches</p>	<p><b>Entrée</b> 2 Taco Tuesday – Taco Beef on a Soft Shell Tortilla with Fixings Hamburger or Cheeseburger</p> <p><b>Vegetable</b> Corn Refried beans</p> <p><b>Fruit</b> Pineapple</p>	<p><b>Entrées</b> French Toast Sticks with Syrup and Sausage Hamburger or Cheeseburger</p> <p><b>Vegetable</b> Tator Tots</p> <p><b>Fruit</b> Applesauce</p>	<p><b>Entrées</b> Roasted Turkey with Gravy Dinner Roll Hamburger or Cheeseburger</p> <p><b>Vegetable</b> Mashed Potatoes Green Beans</p> <p><b>Fruit</b> Warm Apple Crisp</p>	<p>Parent/Teacher Conferences 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)

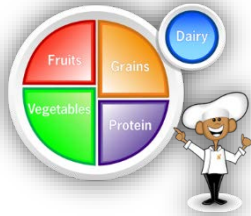
Apply For Free or Reduced School Breakfast & Lunch at:  
<http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

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

\*Menu Subject to Change\*



Monday November 19	Tuesday November 20	Wednesday November 21	Thursday November 22	Friday November 23
<p><b>Entrées</b> Chicken or cheese Quesadilla</p> <p>Hot Dog on Whole Grain Roll</p> <p><b>Vegetable</b> Corn Refried beans</p> <p><b>Fruit</b> Peaches</p>	<p>Parent/Teacher Conferences</p> <p>Early Dismissal No Lunch Served</p>	<p>Early Dismissal No Lunch Served</p>	<p>Happy Thanksgiving</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. 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><b>Bottled Water</b> 8oz Bottled Water is \$.60 Water is not included with the meal.</p> <p><del>Fruit Variety Offered with Meal May Include:</del></p>	
<p>Sliced Bagged Apples Strawberry Cup 100% Fruit Juice Whole Fruit- Apples, Bananas, Oranges, Pears Grapes Fruit Cups- Mixed Fruit, Peaches, Pears, Cherries</p>	<p>Peach Cup Applesauce Sliced Oranges</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>Breakfast for Lunch \$3.00</b></p> <p><u>Choice of Cereal or Bagel Pack to include:</u></p> <p>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.</p>
<p><b>Vegetarian Options Served Daily \$3.00</b></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>