



Elementary School Lunch Menu



Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 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 Oven Roasted Potatoes Baby Carrots Hummus dip</p> <p>Fruit Peaches</p>	<p>Entrées 2 Taco Tuesday – Taco Beef on a Soft Shell Tortilla with Fixings</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Corn and Black Beans Salad</p> <p>Fruit Clementine</p>	<p>Entrées Mini Chicken Corn Dogs</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Caesar Salad Three Bean 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 Hummus Dip</p> <p>Fruit Pineapple Chunks</p>	<p>Entrées All Beef Meatloaf with Ketchup and Cheddar Cheese</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Broccoli Mashed Potatoes</p> <p>Fruit Applesauce</p>
Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8
<p>Entrées Meatball Sandwich with or without Cheese</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Oven Roasted Potatoes Baby Carrots with Hummus dip</p> <p>Fruit Applesauce</p>	<p>Entrées Quesadilla: Cheese or Chicken and Cheese with Fixings</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Corn and Black Beans Salad</p> <p>Fruit Pears</p>	<p>Entrées Penne Pasta with Meat Sauce</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Green Beans Caesar Salad</p> <p>Fruit Peaches</p>	<p>Entrées Mrs. T's Mini Cheese and Potato Pierogi's</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Oven Roasted Carrots Caesar Salad</p> <p>Fruit Banana</p>	<p>Entrées 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>Vegetable Tator Tots Baby Carrots with Hummus dip</p> <p>Fruit Mixed Fruit</p>
Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15
<p>Entrées Mozzarella Sticks with Pizza Dipping Sauce</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Broccoli Baby Carrots with Hummus dip</p> <p>Fruit Peaches</p>	<p>Entrée French Toast Sticks with Syrup and Sausage</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Tator Tots</p> <p>Fruit Pineapple Chunks</p>	<p>Entrées Grilled Cheese Sandwich</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Oven Roasted Potato Caesar Salad</p> <p>Fruit Pears</p>	<p>Early Dismissal No Lunch Served</p>	<p>School Closed 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

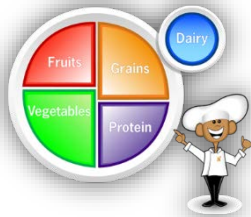
Apply For Free or Reduced School Breakfast & Lunch at:
<http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

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

Menu Subject to Change



Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22
	<p>Entrées Walking Taco</p>	<p>Entrées Cheese Lasagna</p>	<p>Entrées Waffle Sticks with Syrup and Sausage</p>	<p>Entrées Turkey Panini with melted cheese on Flat Bread</p>
	<p>Hot Dog on Whole Grain Bun Served with Baked Beans</p> <p>Vegetable Corn and Black Beans Salad Caesar Salad</p> <p>Fruit Banana</p>	<p>Hot Dog on Whole Grain Bun Served with Baked Beans</p> <p>Vegetable Oven Roasted Carrots Broccoli</p> <p>Fruit Applesauce</p>	<p>Hot Dog on Whole Grain Bun Served with Baked Beans</p> <p>Vegetable Tator Tots</p> <p>Fruit Sliced Oranges</p>	<p>Hot Dog on Whole Grain Bun Served with Baked Beans</p> <p>Vegetable Potato Wedges Caesar Salad</p> <p>Fruit Fresh Grapes</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>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>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>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>
<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>	