



Elementary School Lunch Menu



Monday January 29	Tuesday January 30	Wednesday January 31	Thursday February 1	Friday February 2
<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 Mixed Vegetables Baby Carrots with fresh Hummus dip</p> <p>Fruit Peaches</p>	<p>Entrées Nachos –Seasoned Taco Beef with Tortilla Chips and Fixings</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Corn Black Beans Caesar Salad</p> <p>Fruit Pears</p>	<p>Entrées Mini Chicken Corn Dogs</p> <p>Cheese or Veggie Pizza with a Whole Grain Crust</p> <p>Vegetable Broccoli Baby Carrots with fresh Hummus dip</p> <p>Fruit Sliced Oranges</p>	<p>Entrées 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>Vegetable Emoji Smiley Fries Caesar Salad</p> <p>Fruit Applesauce</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>
Monday February 5	Tuesday February 6	Wednesday February 7	Thursday February 8	Friday February 9
<p>Entrées Meatball Sandwich with or without Cheese</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Green Beans Baby Carrots with fresh Hummus dip</p> <p>Fruit Peaches</p>	<p>Entrées Quesadilla: Cheese or Chicken and Cheese with Fixings</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Corn Black Beans Caesar Salad</p> <p>Fruit Pears</p>	<p>Entrées BBQ Rib Sandwich on a Club Roll</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Mashed Potatoes Baby Carrots with fresh Hummus dip</p> <p>Fruit Sliced Orange</p>	<p>Entrées Mrs. T's Mini Cheese and Potato Pierogi's</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Sautéed Spinach Caesar Salad</p> <p>Fruit Applesauce</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 fresh Hummus dip</p> <p>Fruit Mixed Fruit</p>
Monday February 12	Tuesday February 13	Wednesday February 14	Thursday February 15	Friday February 16
<p>Entrées Mozzarella Sticks with Pizza Dipping Sauce</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun</p> <p>Vegetable Mixed Vegetables Baby Carrots with fresh 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 Caesar Salad</p> <p>Fruit Pineapple</p>	<p>Entrées Baked Potato Bar with Taco Beef, Cheese, Broccoli and ♥ Warm Heart Shaped Soft Pretzel</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun and Warm Heart Shaped Soft Pretzel</p> <p>Vegetable Broccoli</p> <p>Fruit Strawberries with Whipped Topping</p> <p>HAPPY Valentine's DAY</p>	<p>Early Dismissal No Lunch Served</p>	<p>School Closed No Lunch Served</p>

wWhipped Topping

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

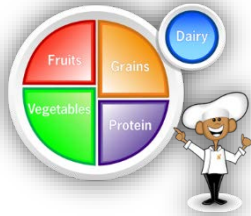
Apply For Free or Reduced School Breakfast & Lunch at:
<http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

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

Menu Subject to Change



Monday February 19	Tuesday February 20	Wednesday February 21	Thursday February 22	Friday February 23
	<p>Entrées 2 Taco Tuesday – Taco Beef on a Soft Whole Grain Tortilla with Brown Rice and Fixings</p> <p>Hot Dog on Whole Grain Bun</p> <p>Vegetable Corn Black Beans Caesar Salad</p> <p>Fruit Mixed Fruit</p>	<p>Entrées Lemon Buttered Chicken with Rotini</p> <p>Hot Dog on Whole Grain Bun</p> <p>Vegetable Oven Roasted Cauliflower with Parmesan Cheese 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>Entrées Penne Pasta with Meatballs in Spaghetti Sauce</p> <p>Hot Dog on Whole Grain Bun</p> <p>Vegetable Green Beans Baby Carrots with fresh Hummus dip</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>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>