



SEPTEMBER 2017 HIGH SCHOOL LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
 4	 5	Students are given the opportunity to start their day with a healthy breakfast at all of our schools. Breakfast improves school performance! 6	 7	1 Mini Cheese Pizza or Spicy Chicken Sandwich Peas & Carrots/ Fries Assorted Vegetables/Garden Salad Diced Pears Assorted Fresh Fruit Milk 8
 LABOR DAY NO SCHOOL 11	Chicken Enchilada or Popcorn Chicken Corn / Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice /Corn Bread 12	Pasta Roll Up with Meat/Marinara Sauce or Chicken Nuggets Broccoli /Assorted Vegetables Garden Salad Diced Peaches Assorted Fresh Fruit Milk/Twisted Breadstick 13	Macaroni & Cheez Its or Italian Beef Sandwich Mashed Potatoes & Gravy California Blend/Garden Salad Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk 14	Big Daddy's X-tra Cheesy Pizza or Cheese Burger Baked Beans / Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk 15
Patriot Day Hot Ham & Cheese on a Pretzel Roll or Popcorn Chicken Bowl Mashed Potatoes & Gravy / Corn Assorted Vegetables /Garden Salad Diced Pears/Assorted Fresh Fruit Milk/Dinner Roll Frozen Juice Cup 18	Quesadilla or Mini Corn Dog & Cheese Refried Beans / Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice 19	Pepperoni Calzone with Marinara or Beef Ravioli /Twisted Bread Stick Broccoli/Assorted Vegetables Garden Salad Diced Peaches Assorted Fresh Fruit Milk 20	* Bosco Sticks and Sauce or Orange Chicken & Rice Carrots Assorted Vegetables Garden Salad/Pasta Salad Pineapple / Assorted Fresh Fruit Milk 21	Mini Cheese Pizza or Boneless Wings & Biscuit Malibu Blend /Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk 22
Macaroni & Cheez Its or French Toast Sticks & Sausage Hash Brown Green Beans/Assorted Vegetables Garden Salad Diced Pears/Assorted Fresh Fruit Milk 25	 Nachos or Corn Dog Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice /Corn Bread 26	 Chicken Parmesan & Pasta or Buffalo Chicken Tender Wrap California Blend Assorted Vegetables Garden Salad Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick 27	 Popcorn Chicken or Turkey & Gravy Mashed Potatoes & Gravy Green Beans/Assorted Vegetables Garden Salads Pineapple/Assorted Fresh Fruit Milk/Dinner Roll 28	TAILGATE PARTY! Big Daddy's X-tra Cheesy Pizza or Cheese Burger "BLITZ" Baked Beans / "FIELD GOAL" Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin "OFFSIDE" Oranges Assorted Fresh Fruit/Milk "SIDELINE" Soft Pretzel & Cheese 29
Bosco Sticks & Sauce or Popcorn Chicken Bowl Mashed Potatoes & Gravy/Corn Garden Salad Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk/ Dinner Roll 25	 Quesadilla or Mini Corn Dogs & Cheese Refried Beans Assorted Vegetables/Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice 26	Flat Bread Pizza & Sauc or Chicken Tenders Corn/Pasta Salad Assorted Vegetables/Garden Salad Diced Peaches/Assorted Fresh Fruit Twisted Breadstick Milk 27	WORLD SCHOOL MILK DAY Bringing awareness to the benefits of Milk BBQ Pork Sandwich or Chicken Nuggets/Dinner Roll Mashed Potatoes & Gravy California Blend/Cole Slaw Assorted Vegetables/Garden Salad Pineapple/Assorted Fresh Fruit STARRING "Milk" 28	Mini Cheese Pizza or Spicy Chicken Sandwich Peas & Carrots/ Fries Assorted Vegetables/Garden Salad Diced Pears Assorted Fresh Fruit Milk 29

**SECONDARY LUNCH = \$2.55
MILK = \$0.50**

SERVED ON HOT LINES

DAILY BUFFALO CHICKEN SANDWICH

TUESDAY Southwest Bar with Nachos or Tacos

WEDNESDAY Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick

DELI BAR - Offered Daily

Assorted Sandwiches with Ham, Turkey, Chicken or Cheese

on White Bread, Sub Bun, Croissant, Panini, Ciabatta Bread

Wrap, and top with assorted vegetables

Chef Salads with Ham, Turkey, Chicken, Cheese & assorted Vegetables.

HOT Meals to go; Panini Turkey Sandwich, Pepporoni Sticks & Sauce, Veggie Burger & PIZZA

COLD SANDWICHES and CHEF SALAD MEALS to go!

Weekly Deli TO GO Salad Specials

MON: Chicken Salad / Grilled Chicken Salad

TUES: Taco Salad / Tuna Salad/Greek Salad

WED: Buffalo Chicken Salad/Antipasto Salad

THURS: Cobb Salad/Caesar Salad **FRI:** Berry Spinach Salad

Weekly Deli TO GO Wraps & Sandwich Specials

MON: Turkey Avocado Wrap

TUES: BLT Chicken Wrap

WED: Turkey Avocado Wrap

THURS: Turkey & Ham Sub

Homemade SOUPS offered DAILY

*****Soup is A La Carte only*****

September 5-8 & 18-22

September 1, 11-15 & 25-29

Mon: Chicken Noodle

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Tues: Cream of Chicken

Tues: Chili

Wed: Chicken Tortilla

Wed: Pasta Fagioli

Thurs: Cream of Potato

Thurs: Cream of Broccoli

Fri: Chefs Choice

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ALL COLD MEALS ON THE DELI COMES WITH

ASSORTED VEGETABLES, FRUIT AND MILK

A complete lunch consists of :

**One entrée choice and 2 sides dishes (fruit or vegetables)
1 side dish must be a fruit or vegetable and milk**

Menu is based on product availability and is subject to change

Lake Central School Corporation

Gladys Rediger - FS Director

Linda Johnson- FS Administrative Assistant

Food Service Central Office

865-4416

PLEASE MAKE SURE YOU HAVE

ENOUGH MONEY IN YOUR

STUDENTS ACCOUNT FOR LUNCH

This institution is an equal opportunity provider.

WK 4

WK 1

WK 2

WK 3

WK 4

