

October 2017
Middle School Lunch Menu



WK 1
WK 2
WK 3
WK 4
WK 1

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Nuggets or Sloppy Joe Green Beans Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	3 Mini Cheese Pizza or Popcorn Chicken & Cheese Bread Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	4 Pasta Roll up in Meat Sauce & Twisted Bread Stick or * Corn Dog Broccoli Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	5 Mac & Cheez Its or Chicken Pattie Sandwich Mashed Potatoes & Gravy Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	6 Big Daddy's Cheese Pizza or Mini Cheeseburgers Baked Beans /Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk	
NATIONAL SCHOOL LUNCH WEEK					
9 Hot Ham & Cheese on Pretzel Roll or Chicken Tenders Tator Tots Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	10 Nachos or Mini Corn Dogs & Cheese Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	11 Flat Bread Pizza & Sauce or Popcorn Chicken & Cheese Bread Broccoli Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit/Milk Educational, Nutritional & Whole Grain Cookies	12 * Bosco Sticks and Sauce or Buffalo Chicken Leg & Waffle Sticks Green Beans Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	13 BOSCO Stuffed Crust Cheese Pizza or Buffalo Chicken Sandwich Peas & Carrots / Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk	
16 Mac & Cheez Its or Chocolate Chip French Toast & Sausage Hash brown Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	17 Mini Cheese Pizza or Corn Dog Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	18 * Chicken Nuggets or Beef Ravioli & Twisted Breadstick Green Beans Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	19 Chicken Rings or Turkey & Gravy Mashed Potatoes & Gravy Pineapple Tidbit/Assorted Fresh Fruit Garden Salad/Assorted Vegetables Milk Dinner Roll	20 Big Daddy's Cheese Pizza or Mini Cheeseburgers Baked Beans / Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk	
23 Pepperoni Pizza Sticks & Sauce or Popcorn Chicken & Cheese Bread Broccoli Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	24 INDIANA FOOD DAY Eat Healthy & Win! Nachos or Quesadilla Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit / Milk ~Try A Veggie Sample!~	25 Flat Bread Pizza & Sauce or Chicken Tenders Corn Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk			
30 Chicken Nuggets or Sloppy Joe Green Beans Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	31 Happy Halloween Mini Cheese Pizza or Popcorn Chicken & Cheese Bread Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk Jack O' Lantern Cookie	KEEP ACTIVE THIS FALL..... WITH FUN OUTDOOR FALL ACTIVITIES 			Students are given the opportunity to start their day with a healthy breakfast at all of our schools. Breakfast improves school performance!

Secondary Lunch = \$2.55
Milk = \$.50



DAILY Deli Specials
Sliced Turkey on White Bread
Soy Butter Jammer
Deluxe Sub Sandwich
Turkey, Crispy Chicken or Vegetable Chef Salads

****Offered DAILY****
Spicy Chicken Sandwich

A complete lunch consists of:
One entrée choice and
2 side dishes (fruit or vegetables)
1 side dish must be a fruit or vegetable and milk

Homemade SOUPS offered DAILY
Soup is A La Carte only

October 1-3, 16-20, 30-31 October 9-13, 23-25
 Mon: Chicken Noodle Mon: Chicken Noodle
 Tues: Cream of Broccoli Tues: Chili
 Wed: Cream of Chicken Wed: Cream of Chicken
 Thurs: Pasta Fagioli Thurs: Cream of Potato
 Fri: Chef's choice Fri: Chef's choice



Menu is based on product availability and is subject to change

PLEASE MAKE SURE YOU HAVE ENOUGH MONEY IN YOUR STUDENTS ACCOUNT FOR LUNCH

Lake Central School Corporation
Gladys Rediger - FS Director
Linda Johnson-Administrative Assistant
Food Service Central Office
865-4416

WHAT'S ON YOUR PLATE?



This institution is an equal opportunity provider.

The Lake Central Food and Nutrition Department is looking for substitute workers this Fall
 If you are interested, please contact Gladys Rediger, at grediger@lcschools.com [CLICK HERE](#) For More Information