

October 2017
High School Lunch Menu



2	3	4	5	6
Bosco Sticks & Sauce or Boneless Wings & Biscuit Mashed Potatoes & Gravy Green Beans/Garden Salad Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk	Chicken Enchilada or Popcorn Chicken Corn / Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice /Corn Bread	Pasta Roll Up with Meat/Marinara Sauce or Chicken Nuggets Broccoli /Assorted Vegetables Garden Salad Diced Peaches Assorted Fresh Fruit Milk/Twisted Breadstick	Macaroni & Cheez Its or Italian Beef Sandwich Mashed Potatoes & Gravy California Blend/Garden Salad Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk	Big Daddy's X-tra Cheesy Pizza or Cheese Burger Baked Beans / Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk
NATIONAL SCHOOL LUNCH WEEK				
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	Quesadilla or Mini Corn Dog & Cheese Refried Beans / Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice	Pepperoni Calzone with Marinara or Beef Ravioli /Twisted Bread Stick Broccoli/Assorted Vegetables Garden Salad Diced Peaches Assorted Fresh Fruit/Milk <i>Educational, Nutritional & Whole Grain Cookies</i>	Bosco Sticks and Sauce or Orange Chicken & Rice Carrots Assorted Vegetables Garden Salad/Pasta Salad Pineapple / Assorted Fresh Fruit Milk	13 Mini Cheese Pizza or Boneless Wings & Biscuit Malibu Blend /Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk
16 Macaroni & Cheez Its or French Toast Sticks & Sausage Hash Brown Green Beans/Assorted Vegetables Garden Salad Diced Pears/Assorted Fresh Fruit Milk	17 Nachos or Corn Dog Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice /Corn Bread	18 Chicken Parmesan & Pasta or Buffalo Chicken Tender Wrap California Blend Assorted Vegetables Garden Salad Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick	19 Popcorn Chicken or Turkey & Gravy Mashed Potatoes & Gravy Green Beans/Assorted Vegetables Garden Salads Pineapple/Assorted Fresh Fruit Milk/Dinner Roll	20 Big Daddy's X-tra Cheesy Pizza OR Cheese Burger Baked Beans /Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk
23 Bosco Sticks & Sauce or Popcorn Chicken Bowl Mashed Potatoes & Gravy/Corn Garden Salad Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk/ Dinner Roll	INDIANA FOOD DAY Eat Healthy & Win! Quesadilla or Mini Corn Dogs & Cheese Refried Beans Assorted Vegetables/Garden Salad Applesauce/Assorted Fresh Fruit Milk/ Spanish Rice ~Try A Veggie Sample!~		25 Flat Bread Pizza & Sauce or Chicken Tenders Corn/Pasta Salad Assorted Vegetables/Garden Salad Diced Peaches Assorted Fresh Fruit Milk/ Twisted Bread Stick	26
30 Bosco Sticks & Sauce or Boneless Wings & Biscuit Mashed Potatoes & Gravy Green Beans/Garden Salad Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk	Happy Halloween Chicken Enchilada or Popcorn Chicken Corn / Assorted Vegetables Garden Salad/Applesauce Assorted Fresh Fruit Milk/ Spanish Rice/Corn Bread Jack O' Lantern Cookie		KEEP ACTIVE THIS FALL..... WITH FUN OUTDOOR FALL ACTIVITIES 	

Secondary Lunch = \$2.55
Milk = \$.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, Pepperoni 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

October 2-6, 16-20, 30 & 31

October 2-4, 9-13, 23-25

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

Fri: Chefs Choice

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.

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



Breakfast improves school performance!

WK 1

WK 2

WK 3

WK 4

WK 1