

November 2017
High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Pasta Roll Up with Meat/Marinara Sauce Chicken Nuggets Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick</p> <p>Broccoli / Garden Salad / Assorted Vegetables Diced Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick</p>	<p>2</p> <p>Macaroni & Cheese / Dinner Roll Italian Beef Sandwich Buffalo Chicken Sandwich Mashed Potatoes & Gravy California Blend/Garden Salad Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk</p>	<p>3</p> <p>Big Daddy's X-tra Cheesy Pizza Cheese Burger Buffalo Chicken Sandwich Baked Beans / Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk</p>
<p>6</p> <p>Hot Ham & Cheese on a Pretzel Roll Popcorn Chicken Bowl Buffalo Chicken Sandwich Mashed Potatoes & Gravy / Corn Corn / Garden Salad / Assorted Vegetables Diced Pears Assorted Fresh Fruit Milk/ Dinner Roll</p>	<p>ELECTION DAY</p> <p>Quesadilla Mini Corn Dog & Cheese Buffalo Chicken Sandwich Southwest Bar - Nachos or Tacos Refried Beans / Assorted Vegetables Garden Salad / Applesauce Assorted Fresh Fruit/Spanish Rice/Milk Come VOTE for your favorite Lunch!</p>	<p>8</p> <p>Pepperoni Calzone with Marinara Beef Ravioli /Twisted Bread Stick Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick</p> <p>Broccoli/ Garden Salad / Assorted Vegetables Diced Peaches / Assorted Fresh Fruit Milk</p>	<p>9</p> <p>* Bosco Sticks and Sauce Chicken Nuggets/Dinner Roll Buffalo Chicken Sandwich Mashed Potatoes & Gravy Carrots / Assorted Vegetables Garden Salad/Pasta Salad Pineapple / Assorted Fresh Fruit Milk</p>	<p>Veterans Day</p> <p>Retro Pizza Chicken Wings & Biscuit Buffalo Chicken Sandwich Malibu Blend / Spicy Curly Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk</p>
<p>13</p> <p>Macaroni & Cheese with Dinner Roll Grilled Cheese & Chicken Noodle Soup Buffalo Chicken Sandwich Green Beans Garden Salad / Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk</p>	<p>14</p> <p>Corn Dog Buffalo Chicken Sandwich Southwest Bar - Nachos or Tacos Corn/Assorted Vegetables Garden Salad / Applesauce Assorted Fresh Fruit Spanish Rice /Corn Bread Milk</p>	<p>15</p> <p>Chicken Parmesan & Pasta Buffalo Chicken Tenders Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick</p> <p>California Blend/Garden Salad/Assorted Vegetables Pasta Salad/Diced Peaches/Assorted Fresh Fruit Milk/Twisted Breadstick</p>	<p>Thanksgiving Feast</p> <p>Popcorn Chicken Turkey & Gravy Buffalo Chicken Sandwich Mashed Potatoes & Gravy/Green Beans Stuffing / Garden Salad/Assorted Vegetables Pineapple/Assorted Fresh Fruit Milk/Dinner Roll Snickerdoodle</p>	<p>17</p> <p>Big Daddy's X-tra Cheesy Pizza Cheese Burger Buffalo Chicken Sandwich Baked Beans /Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk</p>
<p>20</p> <p>Bosco Sticks & Sauce Popcorn Chicken Bowl Buffalo Chicken Sandwich Mashed Potatoes & Gravy Corn / Garden Salad Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk/ Dinner Roll</p>	<p>21</p> <p>Quesadilla Mini Corn Dogs & Cheese Buffalo Chicken Sandwich Southwest Bar - Nachos or Tacos Refried Beans Assorted Vegetables/Garden Salad Applesauce / Assorted Fresh Fruit Milk/ Spanish Rice</p>	<p>22</p> <p>Flat Bread Pizza & Sauce Chicken Tenders Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick</p> <p>Broccoli / Garden Salad/ Assorted Vegetables Pasta Salad/Diced Peaches/Assorted Fresh Fruit Milk/ Twisted Bread Stick</p>	<p>23</p> <p>Happy Thanksgiving</p>	<p>24</p>
<p>27</p> <p>Bosco Sticks & Sauce Boneless Wings & Biscuit Buffalo Chicken Sandwich Mashed Potatoes & Gravy Green Beans/Garden Salad Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk</p>	<p>28</p> <p>Chicken Enchilada Popcorn Chicken Buffalo Chicken Sandwich Southwest Bar - Nachos or Tacos Corn / Assorted Vegetables Garden Salad / Applesauce Assorted Fresh Fruit Milk/ Spanish Rice /Corn Bread</p>	<p>29</p> <p>Pasta Roll Up with Meat/Marinara Sauce Chicken Nuggets Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick</p> <p>Broccoli / Garden Salad / Assorted Vegetables Diced Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick</p>	<p>30</p> <p>Macaroni & Cheez Its Italian Beef Sandwich Buffalo Chicken Sandwich Mashed Potatoes & Gravy California Blend/Garden Salad Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk</p>	<p>Students are given the opportunity to start their day with a healthy breakfast at all of our schools.</p> <p>Breakfast improves school performance!</p>

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

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, Bosco 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

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

Homemade A La Carte SOUPS offered DAILY

Nov. 1-3, 13-17, 27-30 Nov. 6-10, 20-22

Mon: Chicken Noodle	Mon: Chicken Noodle
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

Pizza with Friends
Starting Nov 1st!
*Inquire with Cashier on Deli line.

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 - 1

WK - 2

WK - 3

WK - 4

WK - 1

REV 10/25/17

Click for More Information

**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 for More Information