






High School Lunch Menu February 2018

HUGS!

BE MY VALENTINE!

Monday	Tuesday	Wednesday	Thursday	Friday
 <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>		<p>1</p> <p>BBQ Pork Sandwich Chicken Nuggets/Dinner Roll Buffalo Chicken Sandwich Mashed Potatoes & Gravy California Blend/Cole Slaw Assorted Vegetables/Garden Salad Pineapple/Assorted Fresh Fruit Milk</p>	<p>2</p> <p>Retro Pizza "Rush" Boneless Chicken Wings & Corn Bread "Blitz" "Kickoff" Buffalo Chicken Sandwich Peas & Carrots/ Spicy Curly "Field Goal" Fries Assorted Vegetables/Garden Salad "Scrimmage" Diced "Playoff" Peas Assorted Fresh Fruit "Fumble" "End Zone" Milk</p>	<p>Secondary Lunch = \$2.55 Milk = \$.50</p> <p>DELI BAR - Offered Daily</p> <p>Assorted Sandwiches with Ham, Turkey, Chicken or Cheese on White Bread, Sub Bun, Croissant, Panini, Ciabatta Bread Wrap, and top with Assorted Vegetables</p> <p>Chef Salads with Ham, Turkey, Chicken, Cheese & Assorted Vegetables.</p> <p>HOT Meals To Go: Panini Turkey Sandwich, Bosco Sticks & Sauce, Veggie Burger & Pizza</p> <p>COLD SANDWICHES and CHEF SALAD MEALS to go!</p> <p>Weekly Deli TO GO Salad Specials</p> <p>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</p> <p>Weekly Deli TO GO Wraps & Sandwich Specials</p> <p>MON: Turkey Avocado Wrap TUES: BLT Chicken Wrap WED: Turkey Avocado Wrap THURS: Turkey & Ham Sub</p> <p>ALL COLD MEALS ON THE DELI COMES WITH</p> <p>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</p> <p>Homemade A La Carte SOUPS offered DAILY February 5-9 & 20-23 February 1, 2, 12-16 & 26-28</p> <p>Mon: Chicken Noodle Tues: Cream of Chicken Wed: Chicken Tortilla Thurs: Cream of Potato Fri: Chefs Choice</p> <p>Mon: Chicken Noodle Tues: Chili Wed: Pasta Fagioli Thurs: Cream of Broccoli Fri: Chefs Choice</p> <p>Pizza with Friends *Inquire with Cashier on Deli line.</p> <p>Menu is based on product availability and is subject to change</p> <p>Lake Central School Corporation Gladys Rediger - FS Director Linda Johnson- FS Administrative Assistant Food Service Central Office, 865-4416</p> <p>PLEASE MAKE SURE YOU HAVE ENOUGH MONEY IN YOUR STUDENTS ACCOUNT FOR LUNCH</p> <p>This institution is an equal opportunity provider.</p>
5	6	7	8	9
<p>Pepperoni Pizza 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>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>Pasta Roll Up with Meat/Marinara Sauce Chicken Nuggets Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick Broccoli / Garden Salad / Assorted Vegetables Diced Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick</p>	<p>Macaroni & Cheese with 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>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>
12	13	VALENTINE'S DAY		15
<p>Hot Ham & Cheese on a Pretzel Roll Popcorn Chicken Bowl Buffalo Chicken Sandwich Mashed Potatoes & Gravy Corn / Garden Salad Assorted Vegetables Diced Pears / Assorted Fresh Fruit Milk/ Dinner Roll</p>	<p>Quesadilla Mini Corn Dog & Cheese Buffalo Chicken Sandwich Southwest Bar - Nachos or Tacos Refried Beans / Assorted Vegetables JAMBALAYA Garden Salad/Applesauce Assorted Fresh Fruit/Milk/ Spanish Rice</p>	<p>Pepperoni Calzone with Marinara Beef Ravioli /Twisted Bread Stick Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick Broccoli/ Garden Salad / Assorted Vegetables Diced Peaches / Assorted Fresh Fruit / Milk Healthy Heartzel Pretzels</p>	<p>Pepperoni Pizza Sticks & 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>Retro Pizza Chicken Fries & Biscuit Buffalo Chicken Sandwich Malibu Blend / Spicy Curly Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk</p>
19	20	21	22	23
<p>Presidents' Day  NO SCHOOL</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>Chicken Parmesan & Pasta Buffalo Chicken Tenders Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick California Blend/Garden Salad/Assorted Vegetables Pasta Salad/Diced Peaches/Assorted Fresh Fruit Milk/Twisted Breadstick</p>	<p>Popcorn Chicken Turkey & Gravy Buffalo Chicken Sandwich Mashed Potatoes & Gravy Green Beans/Assorted Vegetables Garden Salad Pineapple/Assorted Fresh Fruit Milk/Dinner Roll</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>
26	27	28		
<p>Pepperoni Pizza 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>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>Flat Bread Pizza & Sauce Chicken Tenders Buffalo Chicken Sandwich Pasta Bar with Pasta & Meat Sauce & Twisted Breadstick Broccoli / Garden Salad/ Assorted Vegetables Pasta Salad/Diced Peaches/Assorted Fresh Fruit Milk/ Twisted Bread Stick</p>		

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****The Lake Central Food and Nutrition Department is looking for substitute workers****
If you are interested, please contact Gladys Rediger at grediger@lcschool.com

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