



# High School Lunch Menu August 2017



Wk 2

Wk 3

Wk 4

Monday                      Tuesday                      Wednesday                      Thursday                      Friday



14                      15                      An apple a day keeps the doctor away!                      18				
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 Dogs & Cheese Refried Beans / Garden Salad Assorted Vegetables 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	* Bosco Sticks and Sauce or Orange Chicken & Rice Carrots/Assorted Vegetables Garden Salad/Pasta Salad Pineapple / Assorted Fresh Fruit Milk	Mini Cheese Pizza or Boneless Wings & Biscuit Malibu Blend /Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit/Milk

## Apples are good for you! Try different apple items every day this week!

21	22	23	24	25
Macaroni & Cheez Its or French Toast Sticks & Sausage Hash Brown Green Beans/Assorted Vegetables Garden Salad Diced Pears/Assorted Fresh Fruit Milk	Nachos or Corn Dog Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice /Corn Bread	Chicken Parmesan & Pasta or Buffalo Chicken Tender Wrap California Blend Assorted Vegetables Garden Salad Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick	Popcorn Chicken or Turkey & Gravy Mashed Potatoes & Gravy Green Beans/Assorted Vegetables Garden Salads Pineapple/Assorted Fresh Fruit Milk/Dinner Roll	Big Daddy's X-tra Cheesy Pizza OR Cheese Burger Baked Beans /Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk

28	29	30	31
Bosco Sticks & Sauce or Popcorn Chicken Bowl Mashed Potatoes & Gravy/Corn Garden Salad Assorted Vegetables Diced Pears/Assorted Fresh Fruit Milk/ Dinner Roll	Quesadilla or Mini Corn Dogs & Cheese Refried Beans Assorted Vegetables/Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice	Flat Bread Pizza & Sauce or Chicken Tenders Corn/Pasta Salad Assorted Vegetables/Garden Salad Diced Peaches/Assorted Fresh Fruit Milk/Twisted Breadstick Refreshing Lemon Sherbet	BBQ Pork Sandwich or Chicken Nuggets/Dinner Roll Mashed Potatoes & Gravy California Blend/Cole Slaw Assorted Vegetables/Garden Salad Pineapple/Assorted Fresh Fruit Milk

### Benefits of Eating Apples

1. Increase Endurance
2. Satisfy Cravings
3. Improve Memory
4. Immune Booster
5. Cancer Fighter
6. Helps Digestion
7. Anti-inflammatory

## We are ready to have a great year!

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**

**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\*\*\*

<b>Mon:</b> Chicken Noodle	<b>Mon:</b> Chicken Noodle
<b>Tues:</b> Cream of Chicken	<b>Tues:</b> Chili
<b>Wed:</b> Chicken Tortilla	<b>Wed:</b> Pasta Fagioli
<b>Thurs:</b> Cream of Potato	<b>Thurs:</b> Cream of Broccoli
<b>Fri:</b> Chefs Choice	<b>Fri:</b> 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.*