



Middle School Lunch Menu August 2017



Monday

Tuesday

Wednesday

Thursday

Friday



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*****

August 21-25

August 14-18 & 28-31

Mon: Chicken Noodle

Mon: Chicken Rice

Tues: Lemon Rice



Tues: Cream of Broccoli

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
STUDENT'S ACCOUNT FOR LUNCH

Lake Central
School Corporation
Glady's 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.

WK - 2

WK - 3

WK - 4

14

Big Daddy's Cheese Pizza
or
Chicken Tenders
Tator Tots
Garden Salad/Assorted Vegetables
Slushie
Assorted Fresh Fruit /Milk



15

Nachos
or
Mini Corn Dogs & Cheese
Refried Beans / Corn
Garden Salad/Assorted Vegetables
Pineapple Tidbits
Assorted Fresh Fruit /Milk

An apple a day keeps the doctor away!

Flat Bread Pizza & Sauce

or
Popcorn Chicken & Cheese Bread
Broccoli
Garden Salad/Assorted Vegetables
Diced Peaches
Assorted Fresh Fruit /Milk

* Bosco Sticks and Sauce
or
Buffalo Chicken Leg & Waffle Sticks
Green Beans
Garden Salad/Assorted Vegetables
Pineapple Tidbits
Assorted Fresh Fruit /Milk



18

BOSCO Stuffed Crust Cheese Pizza
or
Buffalo Chicken Sandwich
Peas & Carrots / Fries
Garden Salad/Assorted Vegetables
Pineapple & Mandarin Orange Mix
Assorted Fresh Fruit /Milk

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

21

Mac & Cheez Its or
Chocolate Chip French Toast & Sausage
Hash brown
Garden Salad/Assorted Vegetables
Applesauce
Assorted Fresh Fruit
Milk



22

Mini Cheese Pizza
or
Corn Dog
Corn
Garden Salad/Assorted Vegetables
Pineapple Tidbits
Assorted Fresh Fruit
Milk

23

* Chicken Nuggets
or
Beef Ravioli & Twisted Breadstick
Green Beans
Garden Salad/Assorted Vegetables
Diced Peaches
Assorted Fresh Fruit
Milk

24

Chicken Rings
or
Turkey & Gravy
Mashed Potatoes & Gravy
Pineapple Tidbit/Assorted Fresh Fruit
Garden Salad/Assorted Vegetables
Milk
Dinner Roll



25

Big Daddy's Cheese Pizza
or
Mini Cheeseburgers
Baked Beans / Fries
Garden Salad/Assorted Vegetables
Pineapple & Mandarin Orange Mix
Assorted Fresh Fruit
Milk

28

Pepperoni Pizza Sticks & Sauce
or
Popcorn Chicken & Cheese Bread
Broccoli
Garden Salad/Assorted Vegetables
Slushie
Assorted Fresh Fruit
Milk



29

Nachos
or
Quesadilla
Refried Beans / Corn
Garden Salad/Assorted Vegetables
Pineapple Tidbits
Assorted Fresh Fruit
Milk

30

Flat Bread Pizza & Sauce
or
 Chicken Tenders
Corn
Garden Salad/Assorted Vegetables
Diced Peaches
Assorted Fresh Fruit/Milk
 Wacky Watermelon

31

Bosco Sticks & Sauce
or
BBQ Rib Sandwich
Carrots / Cole Slaw
Garden Salad/Assorted Vegetables
Pineapple Tidbits
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



Students are given the opportunity to
start their day with a healthy breakfast at
all of our schools.



Breakfast improves school performance!



We are ready to have a great year!

