

October 2017
High School STAFF Lunch Menu



2	3	4	5	6
Breaded Chicken Legs or Breaded Chicken Pesto Italian Panini Scalloped Potatoes/ Green Beans Diced Pears Assorted Fresh Fruit Assorted Vegetables Milk/Dinner Roll	Chicken Enchilada / Corn Bread or Swiss Mushroom Chicken Sandwich Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice	Pasta Roll Up with Meat/Marinara Sauce or Italian Sausage Sandwich Broccoli /Assorted Vegetables Garden Salad Diced Peaches Assorted Fresh Fruit Milk/Twisted Breadstick	Macaroni & Cheese/Dinner Roll or Italian Beef Sandwich Mashed Potatoes & Gravy California Blend Assorted Vegetables/Garden Salad Pineapple Tidbits/Assorted Fresh Fruit Milk	Fresh Pizza Wings & Corn Bread Fresh Grilled Cheeseburger Baked Beans / Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk
NATIONAL SCHOOL LUNCH WEEK				
Hot Ham & Cheese Panini or Popcorn Chicken Bowl Mashed Potatoes & Gravy/Corn Assorted Vegetables /Garden Salad Diced Pears Assorted Fresh Fruit Milk	Quesadilla or Baked Potato Bar Refried Beans / Assorted Vegetables Corn/ Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice/Corn Bread	Pepperoni Calzone or One Pot Spaghetti Broccoli/Assorted Vegetables Garden Salad/ Cole Slaw Diced Peaches/Assorted Fresh Fruit Milk/Twisted Breadstick Educational, Nutritional & Whole Grain Cookies[]	Malibu Chicken Sandwich or Orange Chicken & Rice with Egg Roll Carrots/Pasta Salad Assorted Vegetables Garden Salad Pineapple / Assorted Fresh Fruit Milk/ Dinner roll	13 Fresh Pizza Babe Ruth Sandwich Lemon Peppered Tilapia with Garden Rice/Corn Bread Malibu Blend /Loaded Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit/Milk
16 Chicken Broccoli Casserole & Biscuit Bosco Sticks & Sauce Cuban Panini California Blend Assorted Vegetables Garden Salad Diced Pears/Assorted Fresh Fruit Milk	17 Southwest Lasagna / Corn Bread or Grilled Peppers & Beef Melt on Ciabatta Bread Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice	18 Chicken Parmesan & Pasta or Chicken Buffalo Wrap California Blend Assorted Vegetables Garden Salad Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick	19 Meatloaf Sandwich or Turkey & Gravy Mashed Potatoes & Gravy Garden Salad Assorted Vegetables Pineapple/Assorted Fresh Fruit Milk/Dinner Roll	20 Fresh Pizza Wings & Corn Bread Fresh Grilled Cheeseburger Baked Beans /Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk
23 Turkey Panini Chicken Stir Fry & Rice with Eggroll Oven Fried Chicken Fried Rice/ Asian Vegetables Mashed Potatoes & Gravy Diced Pears Assorted Fresh Fruit Milk/ Dinner Roll	24 INDIANA FOOD DAY Eat Healthy Fruits & Veggies Quesadilla Baked Potato Bar Crispitos & Cheese Sauce Refried Beans/Corn Assorted Vegetables/Garden Salad Applesauce/Assorted Fresh Fruit Milk/ Spanish Rice/Corn Bread ~Try A Veggie Sample!~	25 Flat Bread Pizza & Sauce or Ruben Sandwich Broccoli Garden Salad/Assorted Vegetables Pasta Salad/Diced Peaches Assorted Fresh Fruit Milk/ Twisted Bread Stick	26 26 26	27 27
30 Breaded Chicken Legs or Breaded Chicken Pesto Italian Panini Scalloped Potatoes/ Green Beans Diced Pears Assorted Fresh Fruit Assorted Vegetables Milk/Dinner Roll	30 Happy Halloween Chicken Enchilada Swiss Mushroom Chicken Sandwich 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		Lake Central School Corporation Gladys Rediger - FS Director Linda Johnson- FS Administrative Assistant Food Service Central Office 865-4416

Adult Lunch = \$3.20
Milk = \$.50

SERVED ON HOT LINES

DAILY Grilled Chicken Sandwich

TUESDAY Southwest Bar with Nachos, Taco or Taco Salad & Corn Bread

WEDNESDAY Pasta Bar with Pasta and Sauce and/or Grilled Vegetables
Pasta or Flat Bread Pizza & Breadstick

DELI BAR - Offered Daily

Assorted Sandwiches with Ham, Turkey, Chicken or Cheese on White Bread, Sub Bun, Croissant, Ciabatta, Panini, Wrap, Pretzel Roll
Flat Bread, and top with assorted vegetables
Chef Salads with Ham, Turkey, Chicken, Cheese & assorted Vegetables.

HOT Meals to go; Panini Turkey Sandwich, 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: Oven Fried Chicken Salad
THURS: Cobb 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 9-13, 23-25

Mon: Chicken Noodle
Tues: Chili
Wed: Pasta Fagioli
Thurs: Cream of Broccoli
Fri: Chefs Choice

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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

Group Luncheons
Group Luncheons featuring Pizza and various items are available for parties of 8 or more. Please contact your kitchen Manager by email.
All Pizzas are \$10

If you have any suggestions for our staff menus or setting up an account, please contact your kitchen Managers at any time.

This institution is an equal opportunity provider.

WK. 1

WK. 2

WK. 3

WK. 4

WK. 1