

Winter



High School STAFF Lunch Menu

January 2018



HAPPY NEW YEAR



NO SCHOOL WINTER BREAK

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 with 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 / Antipasto Salad

TUES: Taco Salad / Tuna Salad / Greek Salad

WED: Oven Fried Chicken Salad

THURS: Turkey 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

Homemade A La Carte SOUPS offered DAILY

January 8-12, 22-26

January 16-19, 29-31

Mon: Chicken Noodle

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Tues: Cream of Chicken

Tues: Chili

Wed: Chicken Tortilla

Wed: Pasta Fagioli

Thurs: Cream of Potato

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

8
Oven Fried Chicken
Grilled Chicken Pesto Italian Panini
Scalloped Potatoes/ Green Beans
Diced Pears
Assorted Fresh Fruit
Assorted Vegetables
Milk/Dinner Roll

9
Happy New Year !!
Chicken Enchilada with Corn Bread
Swiss Mushroom Chicken Sandwich
Corn/Assorted Vegetables
Garden Salad
Applesauce/Assorted Fresh Fruit
Milk/Spanish Rice
Frozen Fruit Juice Cup

10
Pasta Roll Up with Meat/Marinara Sauce
Italian Sausage Sandwich
Broccoli /Assorted Vegetables
Garden Salad
Diced Peaches
Assorted Fresh Fruit
Milk/Twisted Breadstick

11
Macaroni & Cheese/Dinner Roll
or
Italian Beef Sandwich
Mashed Potatoes & Gravy
California Blend / Potato Salad
Assorted Vegetables/Garden Salad
Pineapple Tidbits/Assorted Fresh Fruit
Milk

12
Fresh Pizza
Chicken Wings & Corn Bread
Fresh Grilled Cheeseburger
Baked Beans / Fries
Assorted Vegetables/Garden Salad
Pineapple & Mandarin Oranges
Assorted Fresh Fruit
Milk

15
No School

16
Quesadilla
Baked Potato Bar
Crispitos with Chili & Cheese Sauce
Refried Beans / Assorted Vegetables
Corn/ Garden Salad
Applesauce
Assorted Fresh Fruit
Milk/ Spanish Rice/Corn Bread

17
Pepperoni Calzone
or
One Pot Spaghetti
Broccoli/Assorted Vegetables
Garden Salad/ Cole Slaw
Diced Peaches
Assorted Fresh Fruit
Milk / Twisted Breadstick

18
Malibu Chicken Sandwich
General Tso Chicken & Rice with Egg Roll
Carrots
Assorted Vegetables
Garden Salad
Pineapple / Assorted Fresh Fruit
Milk/ Dinner roll

19
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

22
Sausage & Sauerkraut /Dinner Roll
Bosco Sticks & Sauce
Cuban Panini
Green Beans
Assorted Vegetables
Garden Salad
Diced Pears/Assorted Fresh Fruit
Milk

23
Chicken Fajita / Corn Bread
Grilled Peppers & Beef Melt on Ciabatta Bread
Corn/Assorted Vegetables
Garden Salad
Applesauce
Assorted Fresh Fruit
Milk/ Spanish Rice

24
Chicken Parmesan & Pasta
or
Grilled Chicken Buffalo Wrap
California Blend
Pasta Salad
Garden Salad/Assorted Vegetables
Peaches / Assorted Fresh Fruit
Milk/Twisted Breadstick

25
Mini Meat Loaf
or
Turkey & Gravy
Mashed Potatoes & Gravy
Green Beans/Garden Salad
Assorted Vegetables
Pineapple/Assorted Fresh Fruit
Milk/Dinner Roll

26
Fresh Pizza
Chicken Wings & Corn Bread
Fresh Grilled Cheeseburger
Baked Beans /Fries
Assorted Vegetables/Garden Salad
Pineapple & Mandarin Oranges
Assorted Fresh Fruit
Milk

29
Turkey Panini
Chicken A La King & Biscuit
2 Egg Rolls
Fried Rice/ Asian Vegetables
Mashed Potatoes & Gravy
Diced Pears
Assorted Fresh Fruit
Milk/ Dinner Roll

30
Quesadilla
Baked Potato Bar
Crispitos with Chili & Cheese Sauce
Refried Beans/Corn
Assorted Vegetables
Garden Salad
Applesauce/Assorted Fresh Fruit
Milk/ Spanish Rice/Corn Bread

31
Flat Bread Pizza & Sauce
or
Ruben Sandwich
Broccoli
Garden Salad/Assorted Vegetables
Pasta Salad/Diced Peaches
Assorted Fresh Fruit
Milk/ Twisted Bread Stick

Look For The Feather
For items that are 30% less
of calories from fat
For more detailed nutritional information,
please check our website