



SEPTEMBER 2017 HIGH SCHOOL STAFF LUNCH MENU



WK - 4

WK - 1

WK - 2

WK - 3

WK - 4

Monday	Tuesday	Wednesday	Thursday	Friday
LAKE CENTRAL SCHOOL CORPORATION GLADYS REDIGER - FS DIRECTOR LINDA JOHNSON- FS ADMINISTRATIVE ASSISTANT FOOD SERVICE CENTRAL OFFICE 865-4416				
4	5	6	7	8
 LABOR DAY NO SCHOOL	Chicken Enchilada or Swiss Mushroom Chicken Sandwich Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice /Corn Bread	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 Babe Ruth Sandwich Tuna Melt Peas & Carrots/ Loaded Fries Garden Salad/Assorted Vegetables Diced Pears Assorted Fresh Fruit Milk
11	12	13	14	15
Patriot Day Hot Ham & Cheese Panini or Popcorn Chicken Bowl Mashed Potatoes & Gravy/Corn Assorted Vegetables /Garden Salad Diced Pears Assorted Fresh Fruit /Milk Frozen Juice Cup	Quesadilla Crisпитos & Cheese Sauce 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	Malibu Chicken Sandwich or Orange Chicken & Rice with Egg Roll Carrots/Pasta Salad Assorted Vegetables Garden Salad Pineapple / Assorted Fresh Fruit Milk/ Dinner roll	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
18	19	20	21	22
Chicken Broccoli Casserole & Biscuit Bosco Sticks & Sauce Cuban Panini California Blend Assorted Vegetables Garden Salad Diced Pears/Assorted Fresh Fruit Milk	Southwest Lasagna or Grilled Peppers & Beef Melt on Ciabatta Bread Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice/Corn Bread	Chicken Parmesan & Pasta or Chicken Buffalo Wrap California Blend Assorted Vegetables Garden Salad Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick	Meatloaf Sandwich or Turkey & Gravy Mashed Potatoes & Gravy Garden Salad Assorted Vegetables Pineapple/Assorted Fresh Fruit Milk/Dinner Roll	TAILGATE PARTY! Fresh Pizza "FUMBLE" Wings & Corn Bread Fresh Grilled Cheeseburger "BLITZ" Baked Beans / "FIELD GOAL" Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin "OFFSIDE" Oranges Assorted Fresh Fruit/Milk "SIDELINE" Soft Pretzel & Cheese
25	26	27	28	29
Turkey Panini Chicken Stir Fry/Eggroll Oven Fried Chicken Fried Rice/ Asian Vegetables Mashed Potatoes & Gravy Diced Pears Assorted Fresh Fruit Milk/ Dinner Roll	Quesadilla Baked Potato Bar Crisпитos & Cheese Sauce Refried Beans/Corn Assorted Vegetables Garden Salad Applesauce/Assorted Fresh Fruit Milk/ Spanish Rice/Corn Bread	Flat Bread Pizza & Sauce Flat Bread Pizza & Sauce or Ruben Sandwich Broccoli Garden Salad/Assorted Vegetables Pasta Salad/Diced Peaches Assorted Fresh Fruit Milk/ Twisted Bread Stick	BBQ Pork Sandwich or Stuffed Peppers/Dinner Roll Mashed Potatoes & Gravy/Green Beans Garden Salad/Assorted Vegetables Cole Slaw/Pineapple Tidbits Assorted Fresh Fruit Milk	Fresh Pizza Babe Ruth Sandwich Tuna Melt Peas & Carrots/ Loaded Fries Garden Salad/Assorted Vegetables Diced Pears Assorted Fresh Fruit Milk

ADULT LUNCH = \$3.20
MILK = \$.50

SERVED ON HOT LINES

DAILY Grilled Chicken Sandwich

TUESDAY Southwest Bar with Nachos, Taco or Taco Salad

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*****

September 5-8 & 18-22 September 1, 11-15 & 25-29

Mon: Chicken Noodle Mon: Chicken Noodle

Tues: Cream of Chicken Tues: Chili

Wed: Chicken Tortilla Wed: Pasta Fagioli

Thurs: Cream of Potato Thurs: Cream of Broccoli

Fri: Chefs Choice Fri: 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

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.