

November 2017
Middle School STAFF Lunch Menu



WK 1

WK 2

WK 3

WK 4

WK 1

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meat/Meatless Pasta Roll Up & Twisted Bread Stick Fresh Burger with Mushroom & Swiss Broccoli Garden Salad/Assorted Vegetables Diced Peaches / Assorted Fresh Fruit Milk	2 Macaroni & Cheese with Dinner Roll or Italian Beef Sandwich with Mozzarella Mashed Potatoes & Gravy Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	3 Fresh Pizza Peppered Lemon Tilapia & Rice/Corn Bread Baked Beans /Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
	6 Hot Ham & Cheese Panini on Rye or Sausage & Sauerkraut with Dinner Roll Tator Tots / Malibu Blend Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	ELECTION DAY Nachos or Taco Salad or Baked Potato Bar Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk/Corn Bread Come VOTE for your favorite lunch!	8 Flat Bread Pizza & Sauce or Lasagna & Twisted Breadstick Corn Garden Salad/Assorted Vegetables Diced Peaches Diced Peaches/Assorted Fresh Fruit Milk	9 * Bosco Sticks and Sauce General Tso Chicken with Rice & Egg Roll Green Beans Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk
13 Macaroni & Cheese with Dinner Roll or Turkey & Cheese Panini Hash brown / Broccoli Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	14 Chicken Fajita Grilled Peppers & Beef Melt on Ciabatta Bread Corn / Spanish Rice Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	15 Chicken Parmesan & Pasta / Twisted Breadstick Hot Chicken Buffalo Wrap Green Beans Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	Thanksgiving Feast Sliced Turkey Fresh Mini Meat Loaf Mashed Potatoes & Gravy Green Bean Casserole / Stuffing / Cranberries Pineapple Tidbit Assorted Fresh Fruit Garden Salad/Assorted Vegetables Milk / Dinner Roll Pumpkin Pie	17 Fresh Pizza or Fresh Cheeseburger Baked Beans / Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
20 Italian Style Mozzarella Chicken Pesto Panini Chicken Teriyaki & Rice with Egg Roll Broccoli Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	21 Nachos or Taco Salad or Chicken & Cheese Quesadilla Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk / Corn Bread	22 Flat Bread Pizza & Sauce or Chicken Alfredo & Twisted Breadstick Corn Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	23 	24
27 Grilled Cheese Panini or Chicken A La King & Biscuit Green Beans Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	28 Chicken Enchilada or Malibu Chicken Sandwich Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk / Corn Bread	29 Meat/Meatless Pasta Roll Up & Twisted Bread Stick Fresh Burger with Mushroom & Swiss Broccoli Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	30 Macaroni & Cheese with Dinner Roll or Italian Beef Sandwich with Mozzarella Mashed Potatoes & Gravy Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	

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

DELI BAR
Build a Salad or Sandwich
with Ham, Turkey, Egg, Chicken or Cheese on White Bread, Sub Bun, Ciabatta, Croissant, Wrap, Panini, Pretzel Roll, Top with Assorted Veggies

Fresh Grilled Chicken Sandwich Served Daily

Weekly Salad Specials
 MON: Antipasto Salad
 TUES: Greek Salad
 WED: Cobb Salad
 THURS: Antipasto Salad

Weekly Specials
 TUES: Chicken BLT Wrap
 THURS: Turkey Avocado Wrap

Homemade SOUPS offered DAILY
 Soup is A La Carte only
 Nov. 1-3, 13-17, 27-30
 Nov. 6-10, 20-22
 Mon: Chicken Noodle
 Tues: Cream of Broccoli
 Wed: Cream of Chicken
 Thurs: Lemon Rice
 Fri: Chef's choice
 Mon: Chicken Noodle
 Tues: Chili
 Wed: Cream of Chicken
 Thurs: Cream of Potato
 Fri: Chef's choice

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

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.

Lake Central
 School Corporation
 Gladys Rediger - FS Director
 Linda Johnson- FS Administrative Assistant
 Food Service Central Office
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This institution is an equal opportunity provider.