

October 2017
Middle School STAFF Lunch Menu



2	3	4	5	6
Turkey & Cheese Panini or BBQ Chicken Leg & Dinner Roll Green Beans Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	Chicken Enchilada & Corn Bread or Malibu Chicken Sandwich Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk / Corn Bread	Meat/Meatless Pasta Roll Up & Twisted Bread Stick or Fresh Burger with Mushroom & Swiss Broccoli Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	Macaroni & Cheese with Dinner Roll or Italian Beef Sandwich with Mozzarella Mashed Potatoes & Gravy Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	Fresh Pizza or Peppered Lemon Tilapia & Rice/Corn Bread Baked Beans /Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
NATIONAL SCHOOL LUNCH WEEK				
Hot Ham & Cheese Panini on Rye or Chicken Rice Casserole & Dinner Roll Tator Tots / Malibu Blend Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	Nachos or Taco Salad or Baked Potato Bar Refried Beans / Broccoli Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk / Corn Bread	Flat Bread Pizza & Sauce or One Pot Spaghetti with Twisted Breadstick Corn Garden Salad/Assorted Vegetables Diced Peaches/Assorted Fresh Fruit Milk Educational, Nutritional & Whole Grain Cookies[]	* Bosco Sticks and Sauce or Orange Chicken & Rice with Egg Roll Green Beans Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	13 Fresh Pizza or Babe Ruth Sandwich Peas & Carrots / Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
16 Macaroni & Cheese with Dinner Roll or Turkey & Cheese Panini Hash brown / Broccoli Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	17 Southwest Lasagna & Corn Bread or Grilled Peppers and Beef Melt on Ciabatta Bread Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	18 Chicken Parmesan & Pasta / Twisted Breadstick or Buffalo Chicken Wrap Green Beans Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	19 Meat Loaf Sandwich or Turkey & Gravy/Dinner Roll Mashed Potatoes & Gravy Pineapple Tidbit Assorted Fresh Fruit Garden Salad/Assorted Vegetables Milk	20 Fresh Pizza or Chicken Wings & Corn Bread Fresh Cheeseburger Baked Beans / Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
INDIANA FOOD DAY				
23 Italian Style Mozzarella Chicken Pesto Panini or Chicken Teriyaki & Rice with Egg Roll Broccoli Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	24 Nachos or Taco Salad or Chicken & Cheese Quesadilla Refried Beans / Corn / Garden Salad Assorted Vegetables / Pineapple Tidbits Assorted Fresh Fruit Milk / Corn Bread ~Try A Veggie Sample~ Happy Halloween Chicken Enchilada & Corn Bread or Malibu Chicken Sandwich Corn / Garden Salad Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk Jack-O'-Lantern Cookie	25 Flat Bread Pizza & Sauce or Chicken Cavatappi Bake & Twisted Breadstick Corn Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk		
30 Turkey & Cheese Panini or BBQ Chicken Leg & Dinner Roll Green Beans Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	KEEP ACTIVE THIS FALL..... WITH FUN OUTDOOR FALL ACTIVITIES			

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

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

October 2-6, 16-20, 30 & 31

October 9-13, 23-25

Mon: Chicken Noodle

Mon: Chicken Noodle

Tues: Cream of Broccoli

Tues: Chili

Wed: Cream of Chicken

Wed: Cream of Chicken

Thurs: Pasta Fagioli

Thurs: Cream of Potato

Fri: Chef's choice

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 \$30

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

865-4416

This institution is an equal opportunity provider.



WK 1

WK 2

WK 3

WK 4

WK 1