

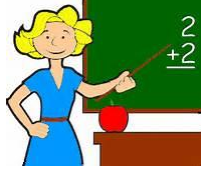


# Middle School STAFF Lunch Menu

## August 2017



Monday      Tuesday      Wednesday      Thursday      Friday



14	15	An apple a day keeps the doctor away!		18
Hot Ham & Cheese Panini on Rye or Chicken Rice Casserole & Dinner Roll Tator Tots Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit /Milk	Nachos or Taco Salad or Southwest Stuffed Peppers Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits/Assorted Fresh Fruit Milk / Corn Bread	Flat Bread Pizza & Sauce or Italian Sausage with Mariana & Peppers on Turano Bread Pasta Salad/Broccoli Garden Salad/Assorted Vegetables Diced Peaches/Assorted Fresh Fruit/Milk	* Bosco Sticks and Sauce or Buffalo Chicken Leg & Waffle Sticks Green Beans Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk	Fresh Pizza or Babe Ruth Sandwich Peas & Carrots / Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit/Milk
Apples are good for you! Try different apple items every day this week!				
21	22	23		25
Macaroni & Cheese with Dinner Roll or Turkey & Cheese Panini Hash brown Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	Chicken & Cheese Crisпитos with Cheese Sauce or Corn Dog Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	Grilled Peppers and Beef Melt on Ciabatta Bread or Beef Ravioli & Twisted Breadstick Green Beans Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk		Meat Loaf Sandwich or Turkey & Gravy/Dinner Roll Mashed Potatoes & Gravy Pineapple Tidbit Assorted Fresh Fruit Garden Salad/Assorted Vegetables Milk
28	29	30		31
Italian Style Mozzarella Chicken Pesto Panini or Chicken Teriyaki & Egg Roll Broccoli Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	Nachos or Taco Salad with Corn Bread or Chicken & Cheese Quesadilla Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	 Dog Days of Summer Flat Bread Pizza & Sauce or Chicken Cavatappi Bake & Twisted Breadstick Corn Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit/Milk Wacky Watermelon		Bosco Sticks & Sauce or BBQ Rib Sandwich Carrots / Cole Slaw Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk
				<p><b>Benefits of Eating Apples</b></p> <ol style="list-style-type: none"> <li>1. Increase Endurance</li> <li>2. Satisfy Cravings</li> <li>3. Improve Memory</li> <li>4. Immune Booster</li> <li>5. Cancer Fighter</li> <li>6. Helps Digestion</li> <li>7. Anti-inflammatory</li> </ol>

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\*\*\*

August 21-25      August 14-18 & 28-31  
Mon: Chicken Noodle      Mon: Chicken Rice  
Tues: Lemon Rice      Tues: Cream of Broccoli  
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

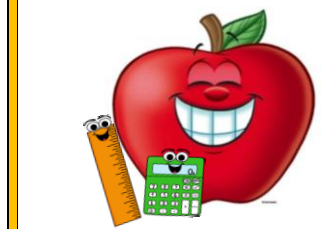
Menu is based on product availability and is subject to change

**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 \$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  
Glady's Rediger - FS Director  
Linda Johnson- FS Administrative Assistant  
Food Service Central Office  
865-4416

*This institution is an equal opportunity provider.*



*We are ready to have a great year!*

