

*Menus are subject to change based on availability

⚠️ Covid-19 Response ⚠️
For more information, please visit our Food Service website at lcsc.us



Middle School Menu

May 2021



For more information on E-Learning meal pick up, please visit our website at LCSC.us

Monday

Mini Cinnis
Pop Tarts
Fruit Yogurt Parfait
Breakfast Donuts
Grab & Go Cereal Breakfast Pack
Fresh Fruit / Juice / Milk

Tuesday

Glazed French Toast
 Pop Tarts
Fruit Yogurt Parfait
Breakfast Donuts
Grab & Go Cereal Breakfast Pack
Fresh Fruit / Juice / Milk

Wednesday

Mini Pancakes
Pop Tarts
Fruit Yogurt Parfait
Breakfast Donuts
Grab & Go Cereal Breakfast Pack
Fresh Fruit / Juice / Milk

Thursday

Stuffed Bagel
 Pop Tarts
Fruit Yogurt Parfait
Breakfast Donuts
Grab & Go Cereal Breakfast Pack
Fresh Fruit / Juice / Milk

Friday

Chocolate Chip French Toast
Pop Tarts
Fruit Yogurt Parfait
Breakfast Donuts
Grab & Go Cereal Breakfast Pack
Fresh Fruit / Juice / Milk

Secondary Breakfast = \$1.70

Breakfast



Secondary Lunch = \$2.65 / Milk = \$3.50

Lunch



A complete lunch consists of:
One entrée and a choice of fruit and/or vegetable and milk

⚠️ NO DEPOSITS ACCEPTED DURING LUNCH MEAL SERVICE
DEPOSITS CAN BE MADE ON THE STUDENTS SKYWARD ACCOUNT. CASH OR CHECK DEPOSITS MAY BE DROPPED OFF IN THE SCHOOL OFFICE ONLY.

Chicken Drumstick & Corn Bread
Stuffed Cheese Bread Sticks & Sauce
Chicken Patty Sandwich
Sliced Turkey & Cheese on Sub Bun
Soy Butter & Grape Jelly Jammer
Turkey or Cheese Chef Salad & Dinner Roll

 Peas & Carrots
Fresh Carrots

Assorted Fresh Fruit / Milk

Nachos

Stuffed Cheese Bread Sticks & Sauce
Chicken Patty Sandwich
Sliced Turkey & Cheese on Sub Bun
Soy Butter & Grape Jelly Jammer
Turkey or Cheese Chef Salad & Dinner Roll

Corn

Crispy Garden Salad

Assorted Fresh Fruit / Milk

Pasta & Meat Sauce with Dinner Roll
Stuffed Cheese Bread Sticks & Sauce
Chicken Patty Sandwich
Sliced Turkey & Cheese on Sub Bun
Soy Butter & Grape Jelly Jammer
Turkey or Cheese Chef Salad & Dinner Roll



Broccoli

Grape Tomatoes

Assorted Fresh Fruit / Milk

Chocolate Chip French Toast & Sausage
Stuffed Cheese Bread Sticks & Sauce
Chicken Patty Sandwich
Sliced Turkey & Cheese on Sub Bun
Soy Butter & Grape Jelly Jammer
Turkey or Cheese Chef Salad & Dinner Roll

Hash Brown Rounds

Assorted Vegetables

Assorted Fresh Fruit / Milk

Mini Xtra Cheesy Pan Pizza
Stuffed Cheese Bread Sticks & Sauce
Chicken Patty Sandwich
Sliced Turkey & Cheese on Sub Bun
Soy Butter & Grape Jelly Jammer
Turkey or Cheese Chef Salad & Dinner Roll



Crinkle Fries

Assorted Vegetables

Assorted Fresh Fruit / Milk

Breakfast Supplies Important Nutrients

Breakfast contributes less than 20% of daily calories, while providing many key vitamins and minerals including

* Calcium * B vitamins *Iron *Vitamin D

Nutrients missed at breakfast are typically not made up during the day

Lake Central

School Corporation

DeAnn Alleva - FS Director

Linda Johnson-Administrative Assistant

Food Service Office 865-4416

FREE Breakfast & Lunch

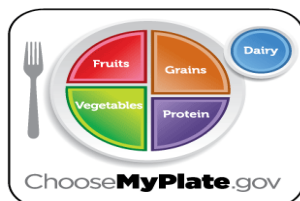
*Lake Central School Corporation will be offering free breakfast and lunch for all students no matter their household income.

*This program, through the USDA and IDOE, will run through December 2020 or until federal funding runs out.

*All students will be served (1) free breakfast meal & (1) free lunch meal daily when they go through the serving line.

*Extras will need to be paid for by the student.

*For more information, please go to our Food Service website at lcsc.us



What's on Your Plate?

Have a Great Summer!



May 28th

This institution is an equal opportunity provider.

Cinco Mayo May 5th
Garden Salsa Sun Chips with every school lunch meal!

- ✓ Whole Grain
- ✓ No Artificial Flavors
- ✓ Heart Healthy

Enter to Win

Eating healthy is very important. School lunch includes more fruit, vegetables, whole grains and dairy.

Draw / Paint / Color a flyer on 8-1/2 x 11 paper, telling us why you like school lunches. You could have your flyer featured on our serving lines and win an Apple iPad!

All entries must be turned into the cashier by Friday, May 14th, 2021. Put your Name & ID # on THE BACK of your flyer. Winners names will not be made public. Winners will be chosen by cafeteria staff.

Win an IPAD!