

\*Menus are subject to change based on availability

⚠️ Covid-19 Response ⚠️  
For more information, please visit our Food Service website at [lcsc.us](http://lcsc.us)



# High School Menu

## May 2021



For more information on E-Learning meal pick up, please visit our website at [LCSC.us](http://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 = \$0.60

## 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 OR DURING BREAKFAST HOURS IN THE CAFETERIA ONLY.

### Chicken Drumsticks

Stuffed Cheese Bread Sticks & Sauce  
Spicy Chicken Patty Sandwich  
Sliced Turkey & Cheese on Sub Bun  
Soy Butter & Grape Jelly Jammer  
Turkey or Cheese Chef Salad / Dinner Roll & Croutons  
Mashed Potatoes & Gravy  
Fresh Carrots  
Assorted Fresh Fruit / Milk

### Nachos

Stuffed Cheese Bread Sticks & Sauce  
Spicy Chicken Patty Sandwich  
Sliced Turkey & Cheese on Sub Bun  
Soy Butter & Grape Jelly Jammer  
Turkey or Cheese Chef Salad / Dinner Roll & Croutons  
Corn  
Crispy Garden Salad  
Assorted Fresh Fruit / Milk

### Pasta & Meat Sauce with Dinner Roll

Stuffed Cheese Bread Sticks & Sauce  
Spicy Chicken Patty Sandwich  
Sliced Turkey & Cheese on Sub Bun  
Soy Butter & Grape Jelly Jammer  
Turkey or Cheese Chef Salad / Dinner Roll & Croutons  
Broccoli  
Grape Tomatoes  
Assorted Fresh Fruit / Milk

### Cheeseburger

Stuffed Cheese Bread Sticks & Sauce  
Spicy Chicken Patty Sandwich  
Sliced Turkey & Cheese on Sub Bun  
Soy Butter & Grape Jelly Jammer  
Turkey or Cheese Chef Salad / Dinner Roll & Croutons  
Carrots  
Assorted Vegetables  
Assorted Fresh Fruit / Milk

### French Bread Cheese Pizza

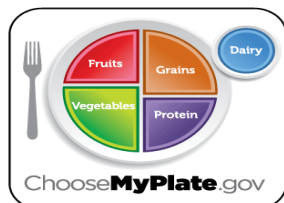
Stuffed Cheese Bread Sticks & Sauce  
Spicy Chicken Patty Sandwich  
Sliced Turkey & Cheese on Sub Bun  
Soy Butter & Grape Jelly Jammer  
Turkey or Cheese Chef Salad / Dinner Roll & Croutons  
Crinkle Fries  
Assorted Vegetables  
Assorted Fresh Fruit / Milk

### 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



What's on Your Plate?

Have a Great Summer!



### 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](http://lcsc.us)

**Cinco de Mayo May 5th**  
Garden Salsa Sun Chips with every school lunch meal.

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



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 a CHROMEBOOK!

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

This institution is an equal opportunity provider.