



High School Lunch Menu

2018

Monday September 4	Tuesday September 4	Wednesday September 5	Thursday September 6	Friday September 7
<p><i>Happy Labor Day!</i></p>	<p>Entrées Phily Steak Sandwich with or without cheese</p>	<p>Entrées Pulled Pork Sandwich on Kaiser Roll</p>	<p>Entrées Grilled Chicken with Bacon and Pepper Jack Cheese Sandwich</p>	<p>Entrée Lemon Buttered Chicken over Noodles</p>
	<p>Vegetable Peas Oven Roasted Potato</p>	<p>Vegetable Mediterranean chickpea Salad</p>	<p>Vegetable Mixed Vegetables</p>	<p>Vegetable Broccoli</p>
	<p>Fruit Peaches</p>	<p>Fruit Applesauce</p>	<p>Fruit Mandarin Oranges</p>	<p>Fruit Grapes</p>

Monday September 10	Tuesday September 11	Wednesday September 12	Thursday September 13	Friday September 14
<p>HOLIDAY SCHOOL CLOSED</p>	<p>HOLIDAY SCHOOL CLOSED</p>	<p>Entrées Meatball Sandwich With or without Cheese</p>	<p>Entrée Chili with Corn Bread</p>	<p>Entrées Macaroni and Cheese</p>
		<p>Vegetable Green Beans</p>	<p>Vegetable Mashed Potatoes</p>	<p>Vegetable Sautéed Spinach</p>
		<p>Fruit Pineapple</p>	<p>Fruit Sliced Oranges</p>	<p>Fruit Grapes</p>

Monday September 17	Tuesday September 18	Wednesday September 19	Thursday September 20	Friday September 21	
<p>Entrée Sloppy Joe</p>	<p>Entrée BBQ Rib Sandwich on a Club Roll</p>	<p>HOLIDAY SCHOOL CLOSED</p>	<p>Entrée Crispy Chicken Bowl with Mashed Potatoes, Corn, and Gravy served with a WG Biscuit</p>	<p>Entrée Grilled Cheese Sandwich or Grilled Ham and Cheese Sandwich</p>	
<p>Vegetable Sweet Potatoes</p>			<p>Vegetable Oven Roasted Parmesan Cauliflower</p>	<p>Vegetable Corn</p>	<p>Vegetable Sautéed Zucchini</p>
<p>Fruit Peaches</p>			<p>Fruit Pears</p>	<p>Fruit Grapes</p>	<p>Fruit Sliced Oranges</p>

Prices

Student: \$3.90

Student Deli or

Demonstration Station:

\$4.00

Reduced: \$0.40

Adult: \$4.75

Milk: \$.55

Choice of Fat Free White, 1% Milk,

Fat Free Chocolate and Lactaid

available daily with all meals

Deposits for lunch, breakfast and snacks can be made in cash or by personal check made out to:

[LMSD Nutritional Services](#)

If you wish to track payments and purchases online, sign up at:

www.myschoolaccount.com

Apply For Free or Reduced School Breakfast & Lunch at: <http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

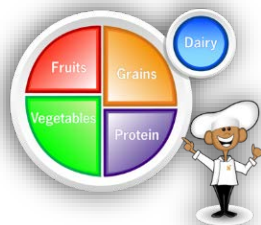
Questions? Please contact the Food Service Office at 610-645-1990

Menu Subject to Change



Monday September 24	Tuesday September 25	Wednesday September 26	Thursday September 27	Friday September 28
Entrée Lasagna with Spaghetti Sauce	Entrées 2 Taco Tuesday – Taco Beef on a Soft Shell Tortilla with Fixings	Entrées Pasta Alfredo with Chicken	Entrées Chicken Parmesan Sandwich with Spaghetti Sauce and Mozzarella Cheese on a Kaiser Roll	Entrée Hot Turkey Sandwich with Gravy
Vegetable Green Beans	Vegetable Corn	Vegetable Broccoli	Vegetable Mixed Vegetables	Vegetable Mashed Potatoes
Fruit Peaches	Fruit Sliced Oranges	Fruit Pears	Fruit Mandarin Oranges	Fruit Pineapple

Must take ½ cup fruit or vegetable plus 2 other components for the meal cost of \$3.90/\$4.00



School Lunch Consists of the Following Five Food Components

Entrees include protein and grain component.

1. Meat/Meat Alternate (Protein)
2. Grain (Bread, Rice, Pasta)
3. Fresh or Cooked Vegetables
4. Fresh Fruit, Chilled Fruit or 100% Fruit Juice
5. Milk Offerings Include: Fat Free White, 1% White, Fat Free Chocolate or Lactaid

Students may choose up to (5) ½ cup servings of vegetables with a meal including (2) 4oz juice and limit to one serving of French Fries.

May take up to (2) 4oz juices, each additional 4oz juice and serving of French Fries or other flash fried potato item will be charged in addition to the meal.

Items not included with a meal	
Specialty Salads \$4.75: Chicken Caesar Salad Hummus Platter Kale, Quinoa and Bean Salad	Sushi Thursday: \$6.50
Bottled Water	
8oz Bottled Water is \$.60 & 16oz Bottled Water is \$1.00 when purchased with a lunch	

Pasta Bar: Meal Cost \$3.90 A la Carte Charge \$3.25
Rotini Penne Whole Grain Rotini Whole Grain Penne Meatballs (4 each for meal) Spaghetti Sauce WG Garlic Butter Spollitini Roll

Grab and Go: Meal Cost \$3.90 A la Carte Charge \$3.25
Hamburger Cheeseburger Chicken Tenders Garden Burger Spicy Chicken Sandwich Mozzarella Sticks \$2.75

<u>Whole Grain Pizza:</u> Meal cost \$3.90 \$3.00 with topping \$2.75 no topping <i>Toppings vary daily, and may include:</i> Plain Pepperoni BBQ Chicken Vegetable Variety Ricotta with Spinach and Tomatoes
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<u>Fruit Variety Offered with the Meal may Include:</u> \$1.00 A la Carte Sliced Bagged Apples Peach Cup Strawberry Cup Applesauce 100% Fruit Juice Whole Fruit- Apples, Bananas, Oranges, Pears Grapes Sliced Oranges Chilled Fruit- Mixed Fruit, Peaches, Pears, Cherries
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<u>Vegetable Variety Offered with the Meal may Include:</u> Cooked Vegetable of the day on hot line Bagged Baby Carrots Vegetable Cups- Snow Peas, Cherry Tomatoes, Celery, Cucumber, Broccoli, Cauliflower Salad Bar- 5oz bowl of vegetable variety or 8oz bowl of lettuce French Fries
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<u>Demonstration Station and Grill Station</u> Meal Cost \$4.00 A la Carte: \$3.75 Options May Include: Omelet Bar- Egg, vegetable variety, bacon, cheddar cheese General Tso's Chicken with Broccoli and Fried Rice Chicken Caesar Salad Wrap with Romaine Lettuce
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<u>Salad Bar May Include: \$3.90</u> Must include at least 3 of the 5 food components																											
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<u>Deli Bar May Include:</u> Must choose ½ cup fruit or vegetable for a meal cost of \$4.00 or a la carte \$3.50																								
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