



Elementary 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 Philly Steak Sandwich</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable Peas Oven Roasted Potatoes</p> <p>Fruit Peaches</p>	<p>Entrées Krabby Patty - Beef and Veggie Patty with Ketchup and Cheese on a Hamburger Bun</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable Mediterranean Chickpea Salad Tator Tots</p> <p>Fruit Applesauce</p>	<p>Entrées Nachos –Seasoned Taco Beef with Tortilla Chips and Fixings</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable Caesar Salad Corn</p> <p>Fruit Mandarin Oranges</p>	<p>Entrées Lemon Buttered Chicken over Egg Noodles</p> <p>Cheese or Veggie Pizza</p> <p>Vegetable Baby Carrots with Fresh Hummus Broccoli</p> <p>Fruit Grapes</p>
Monday September 10	Tuesday September 11	Wednesday September 12	Thursday September 13	Friday September 14
Holiday School closed	Holiday School closed	<p>Entrées BBQ Riblet Sandwich</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Baby Carrots with Fresh Hummus Mashed Potatoes</p> <p>Fruit Pineapple</p>	<p>Entrées Chicken Alfredo with Rotini pasta</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Caesar Salad Broccoli</p> <p>Fruit Sliced Oranges</p>	<p>Entrées Egg and Cheese or Bacon on Croissant Egg and Cheese on Croissant</p> <p>Chicken Tenders and Dinner Roll</p> <p>Vegetable Mediterranean chickpea salad Hash Brown Potato</p> <p>Fruit Grapes</p>
Monday September 17	Tuesday September 18	Wednesday September 19	Thursday September 20	Friday September 21
<p>Entrées Mozzarella Sticks with Pizza Dipping Sauce</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Baby Carrots with Fresh Hummus Corn</p> <p>Fruit Peaches</p>	<p>Entrées French Toast Sticks with Syrup and Sausage</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Caesar Salad Tator Tots</p> <p>Fruit Mandarin Oranges</p>	Holiday School closed	<p>Entrées Chicken Parmesan Sandwich</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Mediterranean chickpea salad Oven Roasted Potatoes</p> <p>Fruit Grapes</p>	<p>Entrées Grilled Cheese Sandwich</p> <p>Hamburger or Cheeseburger</p> <p>Vegetable Smiley Fries Sautéed Spinach</p> <p>Fruit Sliced Oranges</p>



Prices

Student: **\$3.00**
 Reduced: **\$0.40**
 Adult: **\$4.50**
 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

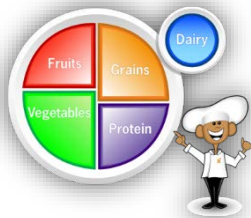
Apply For Free or Reduced School Breakfast & Lunch at: <http://www.lmsd.org/departments/nutritional/free-reduced/index.aspx>

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
<p>Entrées Baked Ziti</p> <p>Hot Dog</p> <p>Vegetable Mediterranean chickpea salad Broccoli</p> <p>Fruit Peaches</p>	<p>Entrée 2 Taco Tuesday – Taco Beef on a Soft Shell Tortilla with Fixings</p> <p>Hot Dog</p> <p>Vegetable Caesar Salad Corn</p> <p>Fruit Pineapple</p>	<p>Entrées Waffle Sticks with Syrup and Sausage</p> <p>Hot Dog</p> <p>Vegetable Baby Carrots with Fresh Hummus Tator Tots</p> <p>Fruit Sliced Oranges</p>	<p>Entrées Pizza Bagel</p> <p>Hot Dog</p> <p>Vegetable Caesar Salad Celery Sticks with Dip</p> <p>Fruit Applesauce</p>	<p>Entrées Deli Bar (Choice of Turkey or Ham) Served with Cheese on a Club Roll</p> <p>Hot Dog</p> <p>Vegetable Baby Carrots with Fresh Hummus Snow Peas</p> <p>Fruit Mandarin Oranges</p>



School Lunch Consists of the Following Five Food Components

Must take ½ cup fruit or vegetable plus 2 other components for the meal cost of \$3.00 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 (4) ½ cup servings of fruits and vegetables with a meal including (1) 4oz juice and limit to one serving of French Fries.

Each additional 4oz juice and serving of French Fries, hash brown, tator tots will be charged in addition to the meal.

<p>Bottled Water 8oz Bottled Water is \$.60 Water is not included with the meal.</p>												
<p><u>Fruit Variety Offered with Meal May Include:</u></p> <table style="width: 100%;"> <tr> <td>Sliced Bagged Apples</td> <td>Peach Cup</td> </tr> <tr> <td>Strawberry Cup</td> <td>Applesauce</td> </tr> <tr> <td>100% Fruit Juice</td> <td>Sliced Oranges</td> </tr> <tr> <td>Whole Fruit- Apples, Bananas, Oranges, Pears</td> <td></td> </tr> <tr> <td>Grapes</td> <td></td> </tr> <tr> <td>Fruit Cups- Mixed Fruit, Peaches, Pears, Cherries</td> <td></td> </tr> </table>	Sliced Bagged Apples	Peach Cup	Strawberry Cup	Applesauce	100% Fruit Juice	Sliced Oranges	Whole Fruit- Apples, Bananas, Oranges, Pears		Grapes		Fruit Cups- Mixed Fruit, Peaches, Pears, Cherries	
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<p><u>Vegetable Variety Offered with Meal May Include:</u></p> <p>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</p>												

<p>Breakfast for Lunch \$3.00</p> <p><u>Choice of Cereal or Bagel Pack to include:</u></p> <p>Cereal Bowl or 3oz Bagel 8oz Fat Free White, 1% White, Fat Free Chocolate or Lactaid Milk 4oz Yogurt or 1oz Cheese Stick Bagged Baby Carrots or Sliced Bagged Apples Plus additional fruits, fruit juice and vegetables available on serving lines.</p>
<p>Vegetarian Options Served Daily \$3.00</p> <p>(Make it a lunch by adding items such as milk, fruit/fruit juice, vegetables, &/or grain)</p> <p>Assorted Salads Grilled Cheese Sandwich on WW Bread</p>