



Middle School Lunch Menu September 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 with or without cheese</p> <p>Vegetable Oven Roasted Potato</p> <p>Peas</p> <p>Fruit Peaches</p>	<p>Entrées Krabby Patty - Beef and Veggie Patty with Ketchup and Cheese on a Hamburger Bun</p> <p>Vegetable Tator Tots Mediterranean Chickpea Salad</p> <p>Fruit Pears</p>	<p>Entrées Nachos –Seasoned Taco Beef with Tortilla Chips with Fixings and Rice</p> <p>Vegetable Corn</p> <p>Fruit Mandarin oranges</p>	<p>Entrées WVMS - Lemon Buttered Chicken over Egg Noodles</p> <p>BCMS Welcome Back Fall BBQ</p> <p>Vegetable Broccoli</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 Baked Ziti</p> <p>Vegetable Sautéed Spinach</p> <p>Fruit Pineapple</p>	<p>Entrées General Tso’s Chicken with Rice</p> <p>Vegetable Edamame</p> <p>Fruit Sliced Oranges</p>	<p>Entrées BCMS –Grilled Cheese Sandwich</p> <p>WVMS Welcome Back Fall BBQ</p> <p>Vegetable Broccoli</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>Vegetable Mixed Vegetables</p> <p>Fruit Peaches</p>	<p>Entrées 2 Taco Tuesday – Taco Beef on a Soft Shell Tortilla with Fixings</p> <p>Vegetable Corn and black beans Caesar salad</p> <p>Fruit Pears</p>	<p>HOLIDAY SCHOOL CLOSED</p>	<p>Entrées Meatball Sandwich with or without Cheese</p> <p>Vegetable Potato Wedges Mediterranean Chickpea Salad</p> <p>Fruit Grapes</p>	<p>Entrées French Toast Sticks with Syrup, and Sausage</p> <p>Vegetable Tator Tots</p> <p>Fruit Sliced Oranges</p>



Prices

Student: **\$3.75**
 Student Deli Station: **\$3.85**
 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
Entrées Mini Turkey Corn Dogs	Entrée Cheese Quesadilla or Chicken and Cheese Quesadilla	Entrées Penne Pasta Alfredo with Chicken	Entrées Pizza Bagel	Entrées Chicken Parmesan Sandwich on Kaiser with Spaghetti Sauce and Mozzarella Cheese
Vegetable Mixed Vegetables	Vegetable Corn	Vegetable Oven Roasted Cauliflower Caesar salad	Vegetable Sautéed Zucchini and Carrots	Vegetable Broccoli
Fruit Peaches	Fruit Pineapple	Fruit Strawberries	Fruit Applesauce	Fruit Mandarin Oranges

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 \$3.75/\$3.85. 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

<p><u>Deli Bar May Include:</u> Pre-Made Deli Sandwiches Are Available</p> <p>WW Bread Ham WW Focaccia Turkey WW Ciabatta Italian Meats Multigrain Bread Roast Beef WW Roll Chicken Salad WG Tortilla Tuna Salad Pepper Jack Cheese Mayonnaise Provolone Cheese Mustard American Cheese Tomato Swiss Cheese Lettuce</p>	<p><u>Grab and Go:</u> Hamburger Cheeseburger Chicken Tenders Pizza Stick Garden Burger Spicy Chicken Sandwich <u>Whole Grain Pizza:</u> <i>Toppings vary daily, and may include:</i> Plain Pepperoni BBQ Chicken Vegetable Variety Ricotta with Spinach and Tomatoes</p>	<p><u>Vegetarian Options Served Daily</u> Make it a lunch by adding items such as milk, fruit/fruit juice, vegetables, &/or grain Veggie Burgers Pre-Made Salad Selections Hummus Platters Sandwiches/Hoagies: Cheese & Tuna <u>Pre-Made Salads: \$3.75</u> Chicken Caesar Salad Hummus Platter</p>
<p><u>Bottled Water</u> 8oz Bottled Water is \$.60 16oz Bottled Water is \$1.00</p> <p>Students may choose up to (4) ½ cup servings of vegetables with a meal including (1) 4oz juice and limit to one serving of French Fries.</p> <p>Each additional 4oz juice and serving of French fries, hash brown, tator tots will be charged in addition to the meal.</p>	<p><u>Fruit Variety Offered with Meal may Include:</u> 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</p>	<p><u>Vegetable Variety Offered with Meal may Include:</u> French Fries Cooked Vegetable of the day on hot line Bagged Baby Carrots Vegetable Cups- Snow Peas, Cherry Tomatoes, Celery, Cucumber, Broccoli, Cauliflower</p>