


LAMPETER-STRASBURG ELEMENTARY MENU

SEPTEMBER 2022

<u>MONDAY</u> SEPTEMBER 5	<u>TUESDAY</u> SEPTEMBER 6	<u>WEDNESDAY</u> SEPTEMBER 7	<u>THURSDAY</u> SEPTEMBER 8	<u>FRIDAY</u> SEPTEMBER 9
 HAPPY LABOR DAY	Hot Dog on Roll	Ham&Cheese Pretzel Roll	Crunchy Taco	Tony's Pizza
	Smile Fries	Steamy Peas	Fiesta Rice & Beans	Romane Tossed Salad
	Asst Fruit/Milk	Fruit Slushies* Asst Fruit	Salsa Asst Fruit/Milk	Asst Fruit/Milk
Weekly Alternate: <i>Pork BBQ Sandwich</i> Weekly Salad: <i>Grilled Chicken Salad</i>				
SEPTEMBER 12	SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16
Chicken Patty Sandwich	Creamy Mac & Cheese	Yo to Go	Tangerine Chicken & Broccol	Stuffed Crust Pizza
Baked Fries	Green Beans	(4oz yogurt cup, string	Fried Rice	Romaine Tossed Salad
Asst Fruit/Milk	Pretzel Stick	:heese, turkey stick, muffin	Fortune Cookie	Asst Fruit/Milk
Ranch Chickpeas	Asst Fruit/Milk	WG CheezIts	Asst Fruit/Milk	
Weekly Alternate: <i>Stromboli/Marinara</i> Fruit Slushies/Asst Fruit Weekly Salad: <i>Turkey & Cheese Salad</i>				
SEPTEMBER 19	SEPTEMBER 20	SEPTEMBER 21	SEPTEMBER 22*	SEPTEMBER 23
Popcorn Chicken	Cheeseburger on Roll	Ham & Cheese Sub	Sausage & French Toast	Cheese Sticks/Marinara
Curly Fries	Baked Beans	Sun Chips	OR Scrambled Eggs/FT	Romaine Tossed Salad
WG Cookie	Asst Fruit/Milk	Fruit Slushies/Asst Fruit	Hash Brown	Asst Fruit/Milk
Asst Fruit/Milk			Asst Fruit/Milk	
Weekly Alternate: <i>Fish & Cheese Sandwich</i> Weekly Salad: <i>Diced Ham Salad</i>				
SEPTEMBER 26	SEPTEMBER 27	SEPTEMBER 28*	SEPTEMBER 29	SEPTEMBER 30
Chicken Nuggets	Grilled Cheese Sandwich	Walking Taco/Salsa	Corn Dog Nuggets	Stuffed Crust Pizza
Steamy Peas	Tomato Soup	(Meat,cheese,lettuce)	Tater Tots	Romaine Tossed Salad
WG Cookie	WG Goldfish Crackers	Corn & Black Beans	Asst Fruit/Milk	Asst Fruit/Milk
Asst Fruit/Milk	Asst Fruit/Milk	WG Churro		
Weekly Alternate: <i>Meatball Sandwich</i> Weekly Salad: <i>Popcorn Chicken Salad</i>				

*EARLY DISMISSAL

Baby Carrots and/or Celery available daily

Lunch Prices

Grades 1 -5 - \$2.85
 Adult - \$5.00
 Milk - \$.60

Available Daily

PB&J
 Salad with Protein

For Questions on the menu please contact:

Hans Herr: Connie Richwine, Kitchen Manager,
 717-464-3311 Ext 4023; connie_richwine@l-spioneers.org

Lampeter Elementary: Missi McAleer, Kitchen Manager,
 717-464-3311 Ext 5013; milissa_mcaleer@l-spioneers.org

*Milk included with all meals**

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