

LAMPETER-STRASBURG ELEMENTARY MENU

OCTOBER 2022

<u>MONDAY</u> OCTOBER 3	<u>TUESDAY</u> OCTOBER 4	<u>WEDNESDAY</u> OCTOBER 5	<u>THURSDAY</u> OCTOBER 6*	<u>FRIDAY</u> OCTOBER 7
Chicken Tenders	Hot Dog on Roll	Ham&Cheese Pretzel Roll	Crunchy Taco	
Whipped Potatoes	Smile Fries	Steamy Peas	Fiesta Rice & Beans	NO
WG Cookie	Asst Fruit/Milk	Fruit Slushies*	Salsa	SCHOOL
Asst Fresh Frt/Applesce Milk		Asst Fruit	Asst Fruit/Milk	
<i>Weekly Alternate: Pork BBQ Sandwich</i>				
<i>Weekly Salad: Grilled Chicken Salad</i>				
OCTOBER 10	OCTOBER 11	OCTOBER 12	OCTOBER 13	OCTOBER 14
	Creamy Mac & Cheese	Yo to Go	Tangerine Chicken & Broccol	Stuffed Crust Pizza
NO	Green Beans	(4oz yogurt cup, string	Fried Rice	Romaine Tossed Salad
SCHOOL	Pretzel Stick	heese, turkey stick, muffin	Fortune Cookie	Asst Fruit/Milk
	Asst Fruit/Milk	WG CheezIts	Asst Fruit/Milk	
<i>Weekly Alternate: Stromboli/Marinara</i>				
<i>Weekly Salad: Turkey & Cheese Salad</i>				
OCTOBER 17	OCTOBER 18	OCTOBER 19	OCTOBER 20	OCTOBER 21
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	
<i>Weekly Alternate: Fish & Cheese Sandwich</i>				
<i>Weekly Salad: Diced Ham Salad</i>				
OCTOBER 24	OCTOBER 25	OCTOBER 26	OCTOBER 27	OCTOBER 28
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		
		Fruit Slushies/Asst Fruit		
<i>Weekly Alternate: Meatball Sandwich</i>				
<i>Weekly Salad: Popcorn Chicken Salad</i>				

*EARLY DISMISSAL

Baby Carrots and/or Celery available daily

For Questions on the menu please contact:

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

Lunch Prices

Grades 1 -5 - \$2.85
Adult - \$5.00

Available Daily

PB&J
Salad with Protein

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

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Milk - \$.60

*Milk included with all meals**

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