

# LMK MIDDLE SCHOOL LUNCH MENU

## HARRISON CENTRAL SCHOOL DISTRICT

**PLEASE NOTE...**

If you are looking for part time work that follows the school calendar, Give us a call! 914-630-3114



**Student Lunch**  
**Students \$2.50**

**Adults \$5.02 + Tax**  
**Adults \$6.02+Tax –Deli Bar**  
**Deli Bar Available Daily**

**All Salads and Pasta served with Bread**

**All Lunches Include:**  
 Entrée, Bread/Grain, Vegetable, Fruit/Juice (e.g. Fresh, Cup of Fruit or Juice) and Choice of 1% White or Fat-Free White or Chocolate Milk.

**The Daily Soup\*** - Freshly Prepared Soup of the Day Served in a Cup or Bowl with Whole Grain Bread.

**Made to Order Deli Bar** - Premium Cold Cuts, Grilled Chicken, Chicken or Egg Salad, Assorted Cheeses and Veggies Served on Fresh Bread.

**Create Your Own Salad\*** - Choice of Greens with Assorted Meats, Cheeses and Fresh Vegetables to Create Your Own Masterpiece!  
 \*Served with Bread/Grain.

**Pizza Bar** - Cheese, Pepperoni and Special Pie

**If you have any questions or comments, please call the Food Service Department at 914-630-3114.**

**Christine Clementz**  
 RD,CDN  
**Food Service Director**



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Toasted Waffles Breakfast Sausage OR Triple Decker Grilled Cheese Red Pepper Strips Green Salad Banana Fresh Apple	2 Mac and Cheese Garlic Bread OR Popcorn Chicken Dippers French Fries Romaine Salad Broccoli Pears Orange Wedges	3 General Tso's Chicken w Vegetable Fried Rice OR Pepperoni or Cheesy Flatbread Romaine Salad Glazed Carrots Pineapple Chilled Pears
6 Crispy Popcorn Chicken with Dipping Sauce OR Pasta with Meat Sauce Garlic Bread Romaine Salad Sauteed Green Beans Fresh Apple Mixed Fruit Cup	7 Burger Bar Beef, Turkey or Vegetable Burger w Choice of Toppings OR Spinach or Pepperoni Calzone Broccoli with Ranch Dip Baked Sweet Potato Fries Apple Sauce Fresh Pear	8 Fluffy Pancakes with Fruit Topping Breakfast Sausage OR Triple Decker Grilled Cheese Carrot Sticks Cucumber Slices Banana Peach Cup	9 Spaghetti with Tomato Sauce, Meat Sauce W Garlic Bread OR Chicken Nuggets W Dinner Roll Three Bean Salad Romaine Salad Orange Wedges Crisp Apple	10 <b>Superintendent's Conference Day</b>  <b>No School</b>
13 Beef Lasagna OR Turkey Tacos Chickpea Salad Corn Green Leaf Salad Mixed Fruit Banana Applesauce	14 Beef, Turkey or Vegetable Burger w Choice of Toppings Or Bagel Pizza Cucumber Slices Roasted Broccoli Berry Cup Grapes	15 Triple Decker Grilled Cheese OR French Toast w Sausage Patty Broccoli Sweet Potato Fries Fruit Cup Fresh Apple	16 Mac and Cheese Garlic Bread OR Popcorn Chicken Dippers French Fries Romaine Salad Carrot Sticks Pears Orange Wedges	17 Beef Nachos OR Beef or Beef Burrito Lettuce and Tomato Black Bean Salad Mexi Corn Peach Cup Mixed Fruit
20	21	22	23	24
27 Pancakes with Sausage OR Turkey Tacos Lettuce and Tomatoes Tater Tots Steamed Rice Sauteed Green Beans Peaches Pear Cup	28 Chicken Patty with Whole Grain Bun Mashed Potato OR Beef or Chicken Burrito Black Beans Mexi corn Peach Cup Fresh Pear			

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk. This institution is an equal opportunity provider and employer. Menu subject to change.