

LAMPETER-STRASBUR ELEMENTARY MENU

SEPTEMBER 2023

**MONDAY**  
**SEPTEMBER 4**

**TUESDAY**  
**SEPTEMBER 5**

**WEDNESDAY**  
**SEPTEMBER 6**

**THURSDAY**  
**SEPTEMBER 7**

**FRIDAY**  
**SEPTEMBER 8**

|                        |                             |                             |                                   |                             |
|------------------------|-----------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <b>Popcorn Chicken</b> | <b>Cheeseburger on Roll</b> | <b>Ham &amp; Cheese Sub</b> | <b>Sausage &amp; French Toast</b> | <b>Cheese Stix/Marinara</b> |
| Buttery Corn           | Curly Fries                 | Sun Chips                   | OR Scrambled Eggs/FT              | Romaine Tossed Salad        |
| WG Cookie              | Broccoli Salad              | Hummus Cup                  | Hash Brown                        | Asst Fruit/Milk             |
| Asst Fruit/Milk        | Asst Fruit/Milk             | Fruit Slushies              | Asst Fruit/Milk                   | Asst Fruit/Milk             |
|                        |                             | Asst Fruit/Milk             |                                   |                             |

Weekly Alternate: Stromboli/Marinara Sauce

Weekly Salad: Diced Ham Salad

**SEPTEMBER 11**

**SEPTEMBER 12**

**SEPTEMBER 13**

**SEPTEMBER 14**

**SEPTEMBER 15**

|                             |                                |                                |                         |                            |
|-----------------------------|--------------------------------|--------------------------------|-------------------------|----------------------------|
| <b>Chicken Nuggets/Roll</b> | <b>Grilled Cheese Sandwich</b> | <b>Cheese Quesadilla/Salsa</b> | <b>Corn Dog Nuggets</b> | <b>Stuffed Crust Pizza</b> |
| Steamy Peas                 | Tomato Soup                    | Baked Beans                    | Baked Fries             | Romaine Tossed Salad       |
| Asst Fruit/Milk             | WG Goldfish Crackers           | Fruit Slushies                 | Asst Fruit/Milk         | Assorted Fruit/Milk        |
|                             | Asst Fruit/Milk                | Asst Fruit/Milk                | Asst Fruit/Milk         |                            |

Weekly Alternate: Meatball Sandwich

Weekly Salad: Popcorn Chix Salad

**SEPTEMBER 18**

**SEPTEMBER 19**

**SEPTEMBER 20**

**SEPTEMBER 21**

**SEPTEMBER 22**

|                        |                        |                                    |                           |                      |
|------------------------|------------------------|------------------------------------|---------------------------|----------------------|
| <b>Chicken Tenders</b> | <b>Hot Dog on Roll</b> | <b>Ham&amp;Cheese/Pretzel Roll</b> | <b>Crunchy Taco/Salsa</b> | <b>Tony's Pizza</b>  |
| Whipped Potatoes       | Baked Beans            | Smile Fries                        | (meat,cheese,lettuce)     | Romaine Tossed Salad |
| WG Cookie              |                        | Fruit Slushies                     | Bean Salad                |                      |
| Assorted Fruit/Milk    | Assorted Fruit/Milk    | Asst Fruit/Milk                    | WG Churro                 | Asst Fruit/Milk      |
|                        |                        |                                    | Asst Fruit/Milk           |                      |

Weekly Alternate: Pork BBQ Sandwich

Weekly Salad: Grilled Chicken Salad

**SEPTEMBER 25**

**SEPTEMBER 26**

**SEPTEMBER 27\***

**SEPTEMBER 28**

**SEPTEMBER 29**

|                               |                                |                    |                                  |                       |
|-------------------------------|--------------------------------|--------------------|----------------------------------|-----------------------|
| <b>Chicken Patty Sandwich</b> | <b>Creamy Mac &amp; Cheese</b> | <b>Yo to Go</b>    | <b>Tangerine Chix/Fortune Ck</b> | <b>DOMINO'S Pizza</b> |
| Tater Tots                    | Green Beans                    | Grape Tomatoes/Dip | Broccoli                         | Romaine Tossed Salad  |
| Asst Fruit/Milk               | Pretzel Rod                    | Fruit Slushies     | Fried Rice                       | Crunchy Chick Peas    |
|                               | Asst Fruit/Milk                | Asst Fruit/Milk    | Asst Fruit/Milk                  | Asst Fruit/Milk       |

Weekly Alternate: Turkey & Cheese Sub with lettuce

Weekly Salad: Turkey & Cheese

\*EARLY DISMISSAL

\*\*Baby Carrots and Celery available daily\*\*

\*\*Milk included with ALL meals\*\*\*

**Lunch Prices**

**Available Daily**

Grades 1 -5 - \$2.85

PB&J

Adult - \$5.00

Salad with Protein

Milk - \$.60

For Questions on the menu please contact:

Hans Herr: Connie Richwine, Kitchen Manager,  
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Lampeter Elementary: Missi McAleer, Kitchen Manager,  
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\*\*This Institution is an Equal opportunity provider and employer.