

LAMPETER-STRASBUR ELEMENTARY MENU

OCTOBER 2023

<u>MONDAY</u> OCTOBER 2	<u>TUESDAY</u> OCTOBER 3	<u>WEDNESDAY</u> OCTOBER 4	<u>THURSDAY</u> OCTOBER 5*	<u>FRIDAY</u> OCTOBER 6
Popcorn Chicken	Cheeseburger on Roll	Ham & Cheese Sub	Sausage & French Toast	
Buttery Corn	Curly Fries	Sun Chips	OR Scrambled Eggs/FT	
WG Cookie	Broccoli Salad	Hummus Cup	Hash Brown	NO SCHOOL
Asst Fruit/Milk	Asst Fruit/Milk	Fruit Slushies	Asst Fruit/Milk	
		Asst Fruit/Milk		

Weekly Alternate: **Stromboli/Marinara Sauce**

Weekly Salad: **Diced Ham Salad**

OCTOBER 9	OCTOBER 10	OCTOBER 11	OCTOBER 12	OCTOBER 13
NO SCHOOL	Grilled Cheese Sandwich	Cheese Quesadilla/Salsa	Corn Dog Nuggets	Stuffed Crust Pizza
	Tomato Soup	Baked Beans	Baked Fries	Romaine Tossed Salad
	WG Goldfish Crackers	Fruit Slushies		
	Asst Fruit/Milk	Asst Fruit/Milk	Asst Fruit/Milk	Assorted Fruit/Milk

Weekly Alternate: **Meatball Sandwich**

Weekly Salad: **Popcorn Chix Salad**

OCTOBER 16	OCTOBER 17	OCTOBER 18	OCTOBER 19	OCTOBER 20
Chicken Tenders	Hot Dog on Roll	Ham&Cheese/Pretzel Roll	Crunchy Taco/Salsa	Tony's Pizza
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**

OCTOBER 23	OCTOBER 24	OCTOBER 25	OCTOBER 26	OCTOBER 27
Chicken Patty Sandwich	Creamy Mac & Cheese	Yo to Go	Tangerine Chix/Fortune Ck	DOMINO'S Pizza
Tater Tots	Green Beans	Grape Tomatoes/Dip	Broccoli	Romaine Tossed Salad
	Pretzel Rod	Fruit Slushies	Fried Rice	Crunchy Chick Peas
Asst Fruit/Milk	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

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

**This Institution is an Equal opportunity provider and employer.

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