

LMK MIDDLE SCHOOL DECEMBER 2023 LUNCH MENU

Student Lunch

Students \$2.50
Special Deli \$3.50

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.

* Available A-La-Carte

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Free Day!</p> <p>*Please note only on "Free Days" the first meal will be free to all students and only apply to a full breakfast and lunch meal. Any la carte items such as snacks, drinks and seconds must still be paid for.</p>		<p>Please Note: New Free Days! This Month! Look for this symbol: </p>		<p>Bagel Pizza Or Popcorn Chicken Dinner Roll Cucumber Slices Roasted Broccoli Berry Cup Mixed Fruit</p>
<p>Free Day!</p> <p>French Toast with Sausage Patty OR Chicken Tenders W Dinner Roll Tater Tots Carrot Sticks w Dip Green Leaf Salad Mixed Fruit Fresh Pear </p>	<p>Asian Chicken with Fried Rice or Chicken Nuggets Spinach Salad Sweet Potatoes Broccoli Orange Wedges Berry Cup</p>	<p>Turkey Nachos OR Burger w Choice of Toppings Lettuce and Tomato Black Bean Salad Mexi Corn Peach Cup Mixed Fruit</p>	<p>Belgian Waffles Breakfast Sausage OR Triple Decker Grilled Cheese Red Pepper Strips Green Salad Banana Fresh Apple</p>	<p>Hot Dog on a Bun OR Cheese Quesadilla French Fries Sautéed Carrots French Fries Berry Cup Fresh Pear</p>
<p>13 Cheese Quesadilla OR Popcorn Chicken and Dinner Roll French Fries Red Peppers Strips Celery Sticks Apple Slices Orange Wedges</p>	<p>14 Baked Ziti W Garlic Bread OR Beef or Bean Burrito Chick Pea Salad Fresh Green Salad Carrot Sticks Banana Berry Cup</p>	<p>15 Triple Decker Grilled Cheese OR Beef, Turkey or Vegetable Burger w Choice of Toppings Broccoli Sweet Potato Fries Fruit Cup Fresh Melon</p>	<p>16 Fluffy Pancakes with Fruit Topping Breakfast Sausage OR Bagel Pizza Green Salad Cucumber Slices Banana Berry Cup</p>	<p>17 Free Day!</p> <p>General Tso's Chicken w Vegetable Fried Rice OR Meatball Wedge Sandwich Peas and Carrots Glazed Carrots Orange Slices Chilled Pears </p>
<p>20 Asian Chicken with Fried Rice OR Chicken Nuggets Broccoli Sweet Potatoes Peach Cup Fresh Pear</p>	<p>21 Spaghetti with Tomato Sauce, Meatballs W Garlic Bread OR OR Cheese Quesadilla Romaine Salad Black Beans Apple Slices Orange Wedges</p>	<p>22 Free Day!</p> <p>Burger Bar Beef, Turkey or Vegetable Burger w Choice of Toppings OR Spinach or Pepperoni Calzone Broccoli with Ranch Dip Baked Sweet Potato Fries Fresh Pear Applesauce Cup </p>	<p>23 Confetti Pancakes with Sausage OR Turkey Tacos Lettuce and Tomatoes Tater Tots Steamed Rice Sautéed Green Beans Fresh Banana Pear Cup</p>	<p>24 Mac and Cheese Garlic Bread OR Bagel Pizza Carrot Sticks Green Peas Orange Slices Applesauce sage &</p>
27	28	29	30	
<p>ENJOY YOUR WINTER BREAK!</p>				

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.