

Lexington Richland School District Five Elementary & Intermediate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Please note that Student Nutrition is striving to conform to the posted menu. However we are faced with outages and shortages and may have to substitute.	2 	3 Cheese Or Pepperoni Pizza Elem- Chef Salad Hamburger on Bun Protein Pack Fresh Veggie Cup Mixed Vegetables Fresh Fruit Options Milk Variety	4 Chicken Wrap Elem- Chef Salad Protein Pack Sliced Turkey Tenderloin with Cornbread Collard Greens Fresh Apple Lima Beans Fresh Fruit Options Milk Variety	5 Elem- Chef Salad Taco Bar: Beef, Chicken and Cheese Options Wow Uncrustable Black Beans Steamed Corn Fresh Fruit Options Milk Variety
8 Chicken and Waffle with syrup Elem- Chef Salad Protein Pack Sausage Biscuit Steamed Broccoli Sweet Potato Fries Fresh Fruit Options Fresh Pineapple Slices Milk Variety	9 Elem- Chef Salad Hot Dog with/out Chili Wow Uncrustable Baked Beans Carrots w/dip Fresh Fruit Options Milk Variety	10 Elem- Chef Salad Grilled Cheese Sandwich Vegetable Beef Soup Wow Uncrustable Mixed Greens Salad w/ Dressing Cucumber Cup w/Dip Fresh Fruit Options Fresh Orange Slices Milk Variety	11 Baked Lasagna With Ground Beef Elem- Chef Salad Protein Pack Vegetarian Lasagna Roll-up Green Peas Seasoned Carrots Fresh Blackberries Fresh Fruit Options Milk Variety	12 Chicken Sandwich Elem- Chef Salad Pizza Cheese Crunchers Turkey and Cheese Kit Green Beans Steamed Corn Fresh Fruit Options Fresh Kiwi Milk Variety
15 	16 Elem- Chef Salad Hot Turkey and Cheese Croissant Salisbury Beef Patty With Gravy Wow Uncrustable Hot Roll Mashed Potatoes Mixed Vegetables Fresh Fruit Options Fresh Plums Milk Variety	17 Elem- Chef Salad Mandarin Chicken Protein Pack Brown Rice Broccoli Roasted Cauliflower Fresh Fruit Options Fresh Strawberries Milk Variety	18 Elem- Chef Salad Nachos with Beef and Chicken Options Wow Uncrustable Pinto Beans Salsa Cup Red Gold Steamed Corn Fresh Fruit Options Milk Variety	19 Baked Chicken Elem- Chef Salad Homemade Macaroni And Cheese Protein Pack Breadstick French Fries Mixed Greens Salad w/ Dressing Seasoned Carrots Fresh Fruit Options Fresh Pears Milk Variety
22 Cheeseburger Elem- Chef Salad Wow Uncrustable Mixed Vegetables Smiley Face Fries Trimminigs Fresh Fruit Options Milk Variety	23 Elem- Chef Salad Manager's Choice Entree Protein Pack Queso Chicken Chili with Tortilla Chips Glazed Carrots Green Beans Fresh Fruit Options Fresh Pineapple Slices Milk Variety	24 Corn Dog Elem- Chef Salad Wow Uncrustable Cucumber Cup w/Dip Side Salad w/Dressing Fresh Fruit Options Milk Variety	25 Chicken Alfredo Elem- Chef Salad Turkey and Cheese Kit Hot Roll Broccoli Steamed Corn Fresh Fruit Options Fresh Grapes Milk Variety	26 Elem- Chef Salad Hot Dog with/out Chili Pizza Munchable Baked Beans Carrots w/dip Fresh Fruit Options Fresh Strawberries Milk Variety
29 Chicken Sandwich Elem- Chef Salad Protein Pack French Fries Green Beans Fresh Fruit Options Fresh Kiwi Milk Variety	30 Elem- Chef Salad Spaghetti w/Meat Sauce Wow Uncrustable Roasted Broccoli Seasoned Carrots Fresh Fruit Options Cinnamon Roll Milk Variety	31 Elem- Chef Salad Protein Pack Sliced Turkey Tenderloin with Cornbread Collard Greens Lima Beans Fresh Fruit Options Fresh Plums Milk Variety	Nutrition Notes: At Lunch- Student must select at least 3 food components out of the 5 offered. One entree choice and at least 1/2 cup fruit and/or vegetable	



Manager may offer additional entree'
Additional fruit and veggies are offered daily.

A variety of milk will be offered daily. Student do not have to take a milk with a meal.

- Milk Choices Include**
- 1% Low-Fat:** Calories: 100 Carbs:12g
 - Fat Free Unflavored:** Calories: 160 Carbs:24g
 - Fat Free Chocolate:** Calories: 110 Carbs:19g

