


LMK Middle School April 2024 Lunch Menu

Earth Day

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 French Bread Pizza OR Chicken Bites Garlic Bread Broccoli Sweet Potatoes Peach Cup Fresh Apple</p>	<p>2 Spaghetti with Tomato Sauce , Meatballs W Garlic Bread OR OR Cheese Quesadilla Romaine Salad Black Beans Apple Slices Orange Wedges</p>	<p>3 Burger Bar Beef, Turkey or Vegetable Burger w Choice of Toppings OR Spinach or Pepperoni Roll Up Carrots with Ranch Dip Baked French Fries Fresh Pear Applesauce Cup</p>	<p>4 Confetti Pancakes with Chicken Sausage OR Turkey Meat Nachos Lettuce and Tomatoes Steamed Rice Steamed Corn Fresh Banana Pear Cup</p>	<p>5 Free Day! Bagel Pizza Or Chicken Bites Baby Carrots Dinner Roll Cucumber Slices Broccoli Applesauce Cup Mixed Fruit</p>
<p>8 Buffalo or Ranch Chicken Flatbread OR Waffles, Sausage and Sweet Potato Fries Spinach Salad Broccoli Orange Wedges Peach Cup</p>	<p>9 Spaghetti with Sauce Meat Sauce OR Chicken Tenders W Dinner Roll Tater Tots Carrot Sticks w Dip Green Leaf Salad Mixed Fruit Fresh Pear</p>	<p>10 Confetti Pancakes with Chicken Sausage OR Burger w Choice of Toppings Lettuce and Tomato Green Beans French Fries Peach Cup Fresh Strawberries</p>	<p>11 Texas French Toast Breakfast Sausage OR Chicken Fajita with Rice Red Peppers Green Salad Banana Fresh Apple</p>	<p>12 Hot Dog on a Bun OR Cheese Quesadilla Black Beans Sour Cream, Salsa Mexi Corn Peach Cup Mixed Fruit</p>
<p>15 Free Day! Cheese Quesadilla OR Chipotle Chicken Sandwich Tator Tots Sauted Peppers Celery Sticks Apple Slices Orange Wedges</p>	<p>16 Baked Ziti W Garlic Bread OR TRIPLE DIPPER TUESDAY Chicken Bites, Pretzel Sticks and French Fries New! Fresh Green Salad Carrot Sticks Apple Sauce Fresh Pear</p>	<p>17 Grilled Cheese OR Beef Burger w Choice of Toppings Butternut Squash Baked Fries Fruit Cup Peach Cup</p>	<p>18 French Toast Sticks with Chicken Sausage OR Bagel Pizza Green Salad Cucumber Slices Berry Cup Grapefruit Wedges</p>	<p>19 National Banana Day General Tso's Chicken w Rice OR Turkey Meat Nachos Lettuce and Tomatoes Black Beans Broccoli Steamed Carrots Banana Chilled Pears</p>
<p>22 Unused Snow Day No School </p>	<p>23 Start of Passover No School</p>	<p>24 Burger Bar Beef, Turkey or Vegetable Burger w Choice of Toppings Or Grilled Cheese Green Salad Baked French Fries Apple Slices Orange Wedges</p>	<p>25 Free Day! Chicken Bites With Dinner Roll OR Cheese Quesadilla, Sour Cream, Salsa Black Beans Green Beans Peach Cup Crisp Apple</p>	<p>26 Macaroni and Cheese with Soft Pretzel Sticks OR Whole Grain Waffle with Chicken Sausage Romaine Salad Carrot Sticks Fresh Strawberries Orange Wedges National Pretzel Day</p>
<p>29 Breaded Chicken on a Bun OR Fluffy Pancakes Chicken Sausage Patty Tator Tots Spinach Salad Applesauce Cup Fresh Pear</p>	<p>30 Macaroni and Cheese with Garlic Bread OR Quesadilla Black Beans Sour Cream, Salsa Romaine Salad Carrot Sticks Apple Slices Orange Wedges</p>	<p>Free Day! *Please note on "Free Days" the first meal will be free to all students and only applies to a full breakfast and lunch meal. Any a la carte items such as snacks, drinks and seconds must still be paid for with available funds.</p>		

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 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