

**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.

# LMK Middle School June 2024 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 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



Monday	Tuesday	Wednesday	Thursday	Friday
3 French Bread Pizza OR Chicken Bites Garlic Bread Broccoli Sweet Potatoes Peach Cup Fresh Apple	<b>Free Day!</b> 4 Pasta with Butter or Sauce Meatballs and a Dinner Roll OR Chickpea Salad Green Leaf Salad Mixed Fruit Peach Cup	5 Burger Bar Beef Burger w Choice of Toppings Or Spinach or Pepperoni Roll Up Carrots with Ranch Dip Baked French Fries Fresh Pear Applesauce Cup	6 Confetti Pancakes with Chicken Sausage OR Turkey Meat Nachos Lettuce and Tomatoes Steamed Rice Steamed Corn Fresh Banana Pear Cup	7 Mac and Cheese Or Buffalo or Plain Chicken Bites Baby Carrots Dinner Roll Romaine Salad Tomato Salad Applesauce Cup Mixed Fruit
10 Buffalo or Ranch Chicken Flatbread OR Waffles, Sausage and Sweet Potato Fries Spinach Salad Broccoli Orange Wedges Peach Cup	11 Spaghetti with Sauce Meat Sauce OR Chicken Tenders W Dinner Roll Tater Tots Carrot Sticks w Dip Green Leaf Salad Mixed Fruit Fresh Pear	12 Grilled Chicken Sandwich OR Beef Burger w Choice of Toppings Lettuce and Tomato Green Beans French Fries Peach Cup Fresh Strawberries	<b>Free Day!</b> 13 Texas French Toast Breakfast Sausage OR Chicken Fajita with Rice Red Peppers Green Salad Banana Fresh Apple	14 Hot Dog on a Bun OR Cheese Quesadilla Black Beans Sour Cream, Salsa Mexi Corn Peach Cup Pears
<b>Free Day!</b> 17 Nacho Bowl with Turkey Taco Meat, Lettuce and Tomato OR Chipotle Chicken Sandwich Steamed Rice Sauteed Red Peppers Celery Sticks Apple Slices Orange Wedges	18 Baked Ziti W Garlic Bread OR <b>TRIPLE DIPPER TUESDAY</b> Chicken Bites, Pretzel Sticks and French Fries Fresh Green Salad Carrot Sticks Apple Sauce Fresh Pear	19 <b>Juneteenth</b>  <b>No School</b>	20 French Toast Sticks with Chicken Sausage OR Beef Burger w Choice of Toppings Sweet Potato Fries Green Salad Strawberry Cup Orange Wedges	21 General Tso's Chicken w Rice OR Turkey Meat Nachos Lettuce and Tomatoes Black Beans Broccoli Steamed Carrots Banana Chilled Pears
24 <b>Early Dismissal</b>  <b>No Lunch</b>	25 <b>Early Dismissal</b>  <b>No Lunch</b>	26 <b>Early Dismissal</b>  <b>No Lunch</b>	27	28



# Have an Awesome Summer!

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.