

LUNCH MENU









L-S Lampeter Elementary, Hans Herr, Early Childhood Center

October 2024

 Apples help support healthy digestion, brain health and weight management.

Lunch includes one entrée, your choice of vegetables and/or fruits and choice of milk.

Milk \$.60 Student Lunch \$2.85 Adult Lunch

Monday, 9/30 	Tuesday, 10/1	Wednesday 10/2 	Thursday, 10/3	Friday, 10/4	Daily:
Chicken Tenders w/ WG Cookie Whipped Potatoes Applesauce Asst Fruit/Milk	Hot Dog on Roll Baked Beans Pineapple Tidbits Asst Fruit/Milk	Ham & Cheese/Pretzel Roll Smile Fries Warm Apple Slices Fruit Slushie Asst Fruit/Milk	Walking Taco Bean Salad WG Churro Peach Cups Asst Fruit/Milk	Tony's Pizza Romaine Tossed Salad Mixed Fruit Asst Fruit/Milk	PBJ Pork BBQ Sandwich Carrots/Celery Grilled Chicken Salad (LE/HH Only)
Monday, 10/7 	Tuesday, 10/8	Wednesday, 10/9	Thursday, 10/10 ED	Friday, 10/11	Daily:
Chicken Patty Sandwich Tater Tots Apple Slices Asst Fruit/Milk	Creamy Mac & Cheese Green Beans Pretzel Stick Mandarin Oranges Asst fruit/Milk	Yo to Go WG Cheese-Its Grape Tomatoes w/Dip Fruit Slushie Asst Fruit/Milk	Tangerine Chicken Broccoli Fried Rice Fortune Cookie Grapes Asst Fruit/Milk	No School	PBJ Turkey & Cheese Sub Carrots/Celery Turkey & Cheese Salad (LE/HH Only)
Monday, 10/14	Tuesday, 10/15	Wednesday, 10/16	Thursday, 10/17	Friday, 10/18 	Daily:
No School	Cheeseburger on Roll Curly Fries Broccoli Salad Pineapple Tidbits Asst Fruit/Milk	Stromboli/Marinara Sauce Sun Chips Hummus/Celery Fruit Slushie Asst Fruit/Milk	Sausage/French Toast or Scrambled Eggs/French Toast Hash Brown Peach Cups Asst Fruit/Milk	Cheese Stix/Marinara Romaine Tossed Salad Apple Crisp Mixed Fruit Asst Fruit/Milk	PB&J Meatball Sandwich Carrots/Celery Diced Ham Salad (LE/HH Only)
Monday, 10/21 	Tuesday, 10/22	Wednesday, 10/23	Thursday, 10/24	Friday, 10/25	Daily:
Chicken Nuggets w/ Roll Potato Smiles Fresh Broccoli Apple Slices Asst Fruit/Milk	Grilled Cheese Tomato Soup WG Goldfish Mandarin Oranges Asst Fruit/Milk	Cheese Quesadilla/Salsa Bean Salad WG Churro Fruit Slushie Asst Fruit/Milk	Corn Dog Nuggets Baked Fries Mixed Veggies Grapes Asst Fruit/Milk	Stuffed Crust Pizza Romaine Tossed Salad Mixed Fruit Asst Fruit/Milk	PB&J Cheesy Pull Apart Carrots/Celery Popcorn Chicken Salad (LE/HH Only)
Monday 10/28 	Tuesday 10/29	Wednesday 10/30 	Thursday 10/31 	Thursday 11/1	Daily:
Chicken Tenders w/ WG Cookie Whipped Potatoes Applesauce Asst Fruit/Milk	Walking Taco Bean Salad WG Churro Peach Cups Asst Fruit/Milk	Ham & Cheese/Pretzel Roll Smile Fries Warm Apple Slices Fruit Slushie Asst Fruit/Milk	Grilled Chicken Cheese Sandwich Spooky Spuds Baked Beans Cinnamon Applesauce Halloween Jello Asst Fruit/Milk	Tony's Pizza Romaine Tossed Salad Mixed Fruit Asst Fruit/Milk	PB&J Cheesy Pull Apart Carrots/Celery Popcorn Chicken Salad (LE/HH Only)

Early Childhood Center & Lampeter Elementary Kitchen Manager: Missi McAleer milissa_mcaleer@l-spioneers.org 717-464-311 Ext 5013

Herr Kitchen Manager: Connie Richwine connie_richwine@l-spioneers.org 717-464-3311 EXT 4023

This institution is an equal opportunity employer and provider.

Menu subject to change without notice.

9/11/24 KAS