

LUNCH MENU

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

November 2024



Pumpkins are low in calories and high in nutrients. They are considered a “superfood.”

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

Milk \$.60 Student Lunch \$2.85 Adult Lunch \$5.00

Monday, 11/4	Tuesday, 11/25	Wednesday, 11/6	Thursday, 11/7	Friday, 11/8	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, 11/11	Tuesday, 11/12	Wednesday, 11/13	Thursday, 11/14	Friday, 11/15	Daily:
Popcorn Chicken w/ WG Cookie Corn Chic Peas Applesauce Cup Asst Fruit/Milk	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 Mixed Fruit Asst Fruit/Milk	PB&J Meatball Sandwich Carrots/Celery Diced Ham Salad (LE/HH Only)
Monday, 11/18	Tuesday, 11/19	Monday, 11/20	Thursday, 11/21	Holiday Meal 11/22	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	Domino’s Pizza Romaine Tossed Salad Peas Mixed Fruit Asst Fruit/Milk	Roast Turkey/Stuffing Mashed Potatoes/Gravy Corn Cranberry Sauce Pumpkin Pie Asst Fruit/Milk	PB&J Cheesy Pull Apart Carrots/Celery Popcorn Chicken Salad (LE/HH Only)
Monday, 11/25	Tuesday, 11/26	Wednesday, 11/27	Thursday, 11/28	Friday, 11/29	Daily:
Chicken Tenders w/ WG Pumpkin Cookie Whipped Potatoes Applesauce Cup Asst Fruit/Milk	Hot Dog on Roll Baked Beans Pineapple Tidbits Asst Fruit/Milk	NO SCHOOL 	NO SCHOOL	NO SCHOOL	PBJ Pork BBQ Sandwich Carrots/Celery Grilled Chicken Salad (LE/HH Only)

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

Hans 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.

10/21/24 KAS