

LMK Middle School Lunch Menu 2024



Free Days!

*Please note on "Free Days" the first meal will be free to all students and only applies to a full breakfast meal. Any a la carte items such as snacks, drinks and seconds must still be paid for with available funds.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Student Lunch Students \$2.50 Special Deli \$3.50</p> <p>Adults \$5.03 + Tax Adults \$6.03+Tax –Deli Bar Deli Bar Available Daily</p> <p><u>All Salads and Pasta served with Bread</u></p> <p>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.</p> <p>Made to Order Deli Bar - Premium Cold Cuts, Grilled Chicken, Chicken or Egg Salad, Assorted Cheeses and Veggies Served on Fresh Bread.</p> <p>Create Your Own Salad* - Choice of Greens with Assorted Meats, Cheeses and Fresh Vegetables to Create Your Own Masterpiece! *Served with Bread/Grain.</p> <p>Pizza Bar - Cheese, Pepperoni and Special Pie</p> <p>If you have any questions or comments, please call the Food Service Department at 914-630-3114. Christine Clementz RD,CDN Food Service Director</p> 				<p>1 Chicken Parmesan Sandwich Hot Dog with a Bun Spinach Salad Carrots Peaches Fresh Apples</p>
<p>4 Chicken Tenders OR Waffles, Sausage and Sweet Potato Fries Spinach Salad Broccoli Orange Wedges Mixed Fruit</p>	<p>5 Superintendent's Conference Day No School</p>	<p>Free Day! 6 Buffalo Chicken Sandwich OR Beef Burger w Choice of Toppings Lettuce and Tomato Baby Carrots French Fries Peaches Fresh Apple</p>	<p>7 Cheese Calzone OR Grilled Chicken Sandwich Tater Tots Cucumber Slices Pears Apple Sauce</p>	<p>8 Chicken Ranch Flatbread OR Grilled Cheese Spinach Salad Carrots Peaches Fresh Apple</p>
<p>11 Veterans Day No School</p>	<p>12 Spaghetti Tomato Sauce or Meat Sauce Garlic Bread OR Spicy Chicken Celery, Fresh Red Peppers Pickled Cucumbers Pears Fresh Cantaloupe</p>	<p>13 Pancakes, Pork Sausage, Syrup OR Beef Burger w Choice of Toppings Lettuce and Tomato Baby Carrots French Fries Peaches Fresh Apple</p>	<p>14 Chicken Fajita Yellow Rice OR Grilled Cheese Green Salad Steamed Corn Pears Cinnamon Apples</p>	<p>Free Day! 15 Hot Dog on a Bun OR Mac and Cheese Spinach Salad Sweet Potato Fries Peaches Fresh Apple</p>
<p>18 Boneless Crispy Wings Lo Mein Noodles OR Waffles, Turkey Sausage, Syrup Carrots Broccoli Orange Wedges Mixed Fruit</p>	<p>Free Day! 19 Spaghetti Meat Sauce Beef and Bean Burrito Black Beans Corn Pears Fresh Banana</p>	<p>20 French Toast Sticks OR Beef Burger w Choice of Toppings Lettuce and Tomato Sauteed Peppers Sweet Potato Fries Peaches Fresh Apple</p>	<p>21 Pepperoni Stromboli OR Grilled Chicken Sandwich Tater Tots Cucumber Slices Pears Apple Sauce</p>	<p>22 Hard Shell Chicken Tacos Cheddar Cheese, Tomato Salsa Yellow Rice OR Grilled Cheese Green Salad Steamed Corn Pears Cinnamon Apples</p>
<p>25 Boneless Crispy Wings Yellow Rice Pancake Bites, Turkey Pork Sausage, Syrup Spinach Salad Broccoli Orange Wedges Mixed Fruit</p>	<p>26 Mac and Cheese OR Bean and Beef Burrito Lettuce and Tomatoes Black Beans Corn Applesauce Fresh Pear</p>	<p>27 Early Dismissal K-12</p>	<p>28 Thanksgiving Recess No School</p>	<p>29 Thanksgiving Recess No School</p>

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.