

LUNCH MENU

L-S High School 9-12

Milk \$.60 Student Lunch \$3.25 Adult Lunch \$5.00

Cabbage is good for your digestion; it helps you fill up, so you eat less!! Try it on December 20th!!

December 2024

Lunch includes one entrée, your choice of 2 vegetables and/or 2 fruits and choice of milk.

Monday, 12/2	Tuesday, 12/3	Wednesday, 12/4	Thursday, 12/5	Friday, 12/6	Daily:
No School	Creamy Mac & Cheese Green Beans Pretzel Stick Mandarin Oranges Asst fruit/Milk <i>Alt: Hot BBQ Chicken Wrap</i>	Cheese Quesadilla/Salsa Baked Potato Black Bean Salad Fresh Grapes Asst Fruit/Milk <i>Alt: Meatball Sub</i>	Tangerine Chicken Broccoli Fried Rice Fortune Cookie Tropical Fruit Asst Fruit/Milk <i>Alt: Asian Dumpling</i>	Cheese Sticks/Marinara Romaine Tossed Salad Tator Tots Mixed Fruit Asst Fruit/Milk <i>Alt: Grilled Ham & Cheese Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 12/9	Tuesday, 12/10	Wednesday, 12/11	Thursday, 12/12	Friday, 12/13	Daily:
Popcorn Chicken w/ Roll Mash Potato Corn Chick Peas Applesauce Cup Asst Fruit/Milk <i>Alt: Rib B-Q on Roll</i>	Walking Taco/Salsa Corn, Tomato Salad WG Churro Pineapple Tidbits Asst Fruit/Milk <i>Alt: Grilled Reuben Sandwich</i>	Sausage/French Toast Hash Brown Peach Cups Asst Fruit/Milk <i>Alt: Scrambled Eggs/French Toast</i>	Chic Wing Dings WG Pasta Salad California Blend Veggies Fresh Berries Asst Fruit/Milk <i>Alt: Black Bean Burger</i>	Domino's Pizza Romaine Tossed Salad Sun Chips Mixed Fruit Asst Fruit/Milk <i>Alt: Chicken Parm Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 12/16	Tuesday, 12/17	Wednesday, 12/18	Thursday, 12/19	Friday, 12/20	Daily:
Chicken Nuggets Glazed Carrots Buttery Noodles Apple Slices Asst Fruit/Milk <i>Alt: Halupkis (Cabbage Roll)</i>	Grilled Cheese Tomato Soup WG Goldfish Mandarin Oranges Asst Fruit/Milk <i>Alt: Cheesesteak Sandwich</i>	Baked Ziti Garlic Knot Romaine Tossed Salad Fresh Grapes Asst Fruit/Milk <i>Alt: Shrimp Poppers</i>	Cheeseburger on Roll Curly Fries Baked Beans Tropical Fruit Asst Fruit/Milk <i>Alt: Grilled Rachel Sandwich</i>	Corn Dog Nuggets Onion Rings Mixed Veggies Asian Cabbage Salad Vanilla Pudding Asst Fruit/Milk <i>Alt: Monterey Chicken Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 12/23	Tuesday, 12/24	Wednesday, 12/25	Thursday, 12/26	Friday, 12/27	Daily:
No School	No School		No School	No School	

High School Kitchen Manager: Amber Zimmerman amber_zimmerman@l-spioneers.org 717-464-3311 EXT 2013

This institution is an equal-opportunity employer and provider.

Menu subject to change without notice. 11/11/24 KAS