

# Lakeside Elementary January Lunch Menu

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## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternative
- Choice of Vegetable, Choice of Fruit\*
- Choice of GranBread, and Choice of Milk
- \*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily

- \*Fruits may include:  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple  
Diced Pears  
Applesauce  
\*May choose one 1/2 cup serving
- \*Vegetables may include:  
Broccoli Florets  
**Baby Carrots**  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings

## MENUS SUBJECT TO CHANGE



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White and Low Fat White

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	<b>Mac and Cheese</b> Slice Bread X-Ray Vision Carrots Sliced Pear Fat Free Milk	10 Italian Dunkers Dipping Sauce Seasoned Green Beans Mandarin Oranges Fat Free Milk	11 "Thick and Tasty" Cheese Burger Emoji Fries Apple Sauce Fat Free Milk	12 Chili Hot Dog Steam Golden Corn Mandarin Oranges Fat Free Milk	13 Mini Corn Dog Nuggets Power Punch Broccoli Juicy Diced Peaches Fat Free Milk
16	<b>Chicken Tenders</b> Sliced Br Bread Slice Carrots Raisins Low Fat Milk	17 <b>BRUNCH FOR LUNCH</b> Buttermilk Pancakes Sausage Patties Tater Tots Warm Cinnamon Apple Slices Low Fat Milk	18 Pasta With Meat Sauce Sliced Bread Seasoned Green Beans Diced Pears Low Fat Milk	19 Homemade Cheese Pizza Power Punch Broccoli Juicy Blueberries Low Fat Milk	20 Pierogies Slice Bread Green Peas Mandarin Oranges Low Fat Milk
23	Chicken Nuggets Slice Bread Emoji Fries Mandarin Orange Low Fat Milk	24 French Bread Pizza Power Punch Broccoli Raisins Low Fat Milk	25 <b>12:30 Dismissal BRUNCH FOR LUNCH</b> French Toast Sticks Sausage Patty Tater Tots Warm Cinnamon Apple Slices Low Fat Milk	26 Cheese Steak Hoagie Bread Slice Seasoned Green Beans Juicy Peaches Low Fat Milk	27 Mini Corn Dog Nuggets X-Ray Vision Carrots Apple Sauce Low Fat Milk
30	Breaded Pork Patty Buttered Noodles Baked Beans Mandarin Oranges Low Fat Milk	31 Pasta and Meat Sauce Slice Bread Seasoned Green Beans Pineapple Tidbits Low Fat Milk	FEB 1 Turkey and Gravy Dinner Roll Mashed Potatoes Apple Crisp Low Fat Milk	2 Deep Dish Pizza Seasoned Green Beans Pineapple Tidbits Low Fat Milk	3 <b>SUPER BOWL WEEKEND!</b> Chili Loaded Baked Potato Cheese Sauce Apple Sauce Low Fat Milk
6	Pierogies Slice Bread Mixed Vegetables Cinnamon Apple Slices Low Fat Milk	7 Homemade Cheese Pizza Juicy Peaches Stearned Green Beans Low Fat Milk	NACHO AND CHEESE MUNCHABLE	FREE SOFT PETZEL!	
MONDAY	Beef Tacos Tortilla Chips Slice Bread	TUESDAY Breaded Chicken Patty On a Bun	WEDNESDAY Grilled Cheese Sandwich	THURSDAY Popcorn Chicken Slice Bread	FRIDAY Pizza Sticks Dipping Sauce
<b>What Makes a Meal?</b> You must choose at least 3 of 5 components available for the school lunch price. Choice of Meat or Meat Alternative Choice of Vegetable, Choice of Fruit* Choice of GranBread, and Choice of Milk *Students must choose at least one fruit or vegetable		<b>The Foodservice Department is now accepting applications for cafeteria subs.</b> <b>Please call 570-253-6083</b> <b>If interested.</b>		<b>The School District does not discriminate on the basis of age, race, color, national origin, ethnic origin, sex, or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations.</b> EOE	
<b>Lunch Prices:</b> Paid K-5 \$2.60 Reduced \$2.40		<b>New!</b>		<b>New!</b>	