

Lakeside Elementary Lunch Menu January

Food Service Director: Ryme Spaulding
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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 Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings



*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
6 Chicken Tenders Slice Of Bread Steamed Carrots Peaches Low Fat Milk	7 Italian Dunkers Dipping Sauce Steamed Green Beans Mandarin Oranges Low Fat Milk	8 Turkey Pot Roast Egg noodles Slice Of Bread Mashed Potatoes Applesauce Low Fat Milk	9 Chili Hotdog Steamed Broccoli Pears Low Fat Milk	10 Lucky Duck Day Quacky Grilled Cheese Tomato Soup French Fries Duckling Fruit Jell-O Low Fat Milk Lucky Duck Drawing	Ham & Cheese Sandwich Turkey & Cheese Sandwich Fajita Chicken Wrap
13 Corndog Nuggets Mixed Vegetable Peaches Low Fat Milk	14 Brunch For Lunch Buttermilk Pancakes Sausage Patties Hash Browns Apple Slices Low Fat Milk	15 Homemade Pizza Steamed Broccoli Blueberries Low Fat Milk	16 Pasta with Meat Sauce Slice Of Bread Steamed Green Beans Pears Low Fat Milk	17 Pierogies Slice of Bread Steamed Carrots Mix Fruit Low Fat Milk	Buffalo Chicken Wrap Peanut Butter and Jelly Sandwich Chef Salad Dinner Roll
20 Chicken Nuggets Slice Of Bread Emoji Fries Pineapple Tidbit Low Fat Milk	21 French Bread Pizza Steamed Green Beans Mandarin Oranges Low Fat Milk	22 12:30 Dismissal Brunch For Lunch French Toast Sticks Sausage Patty Hash Browns Apple Slices Low Fat Milk	23 Mac and Cheese Slice Of Bread Sliced Carrots Peaches Low Fat Milk	24 Cheese Steak Hoagie Steamed Broccoli Pears Low Fat Milk	Chicken Caesar Salad Dinner Roll Fruited Yogurt Crackers Whole Grains Available Daily
27 Chicken Tenders Slice Of Bread French Fries Mandarin Oranges Low Fat Milk	28 Chili Hot Dog Steamed Carrots Mixed Fruit Low Fat Milk	29 Deep Dish Pizza Steamed Green Beans Pineapple Tidbits Low Fat Milk	30 Pasta and Meat Sauce Slice Of Bread Steamed Broccoli Pears Low Fat Milk	31 Breaded Pork Patty Butter Noodles Baked Beans Apple Slices Low Fat Milk	The School District does not discriminate on the basis of age, race, color, national or 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. EOE
MONDAY CHEESE BURGER	TUESDAY CHICKEN PATTY ON A BUN	WEDNESDAY WALKING TACO NACHO DORITOS SLICE OF BREAD	THURSDAY POPCORN CHICKEN SLICE OF BREAD	FRIDAY PIZZA STICKS TOMATO DIPPING SAUCE	Lunch Prices: Paid \$2.60 Reduced \$4.40