

# OCTOBER

## Lakeside Elementary Lunch Menu

Food Service Director: Ryne Spaulding  
 Rspaulding@whsdk12.com  
 570-253-6083 Ext: 1



### 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  
 Cauliflower  
 Celery Sticks  
 Fresh Cucumber
- \*Fruits may include:**  
 Banana  
 Apple  
 Orange  
 Apple Slices  
 Grapes  
 Pear  
 Apple Sauce  
 Diced Peaches  
 Mixed Fruit  
 Pineapple Tidbits  
 Mandarin Oranges  
 Strawberries
- \*May choose two 1/2 cup servings**
- \*May choose one 1/2 cup serving**



### Milk Choices Offered Daily

- Fat Free Chocolate
- Fat Free White and Low Fat White

**MENUS SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
<b>3</b> <b>Pancakes and Sausage</b> Tater Tots Oranges Low Fat Milk	<b>4</b> <b>Chicken Tenders</b> Slice of Fresh Bread Steamed Corn Strawberries Low Fat Milk	<b>5</b> <b>Pepperoni Calzone</b> Steamed Carrots Apple Sauce Low Fat Milk	<b>6</b> <b>Teriyaki Chicken</b> Steamed Rice Steamed Broccoli Pear Low Fat Milk	<b>7</b> <b>Corn Dog Nuggets</b> Mixed Vegetables Mixed Fruit Low Fat Milk  <b>12:30 Dismissal</b>	<b>Ham &amp; Cheese Sandwich</b>  <b>Italian Hoagie</b>  <b>Buffalo Chicken Wrap</b>
<b>10</b> <b>Hot Dog on a Bun</b> French Fries Apple Slices Low Fat Milk	<b>11</b> <b>Beef Nachos</b> Steamed Rice Steamed Broccoli Diced Peaches Low Fat Milk	<b>12</b> <b>Baked Rigatoni</b> Slice of Fresh Bread Steamed Green Peas Pineapple Tidbits Low Fat Milk	<b>13</b> <b>Chicken Soft Tacos</b> Slice of Fresh Bread Steamed Green Beans Mandarin Oranges Low Fat Milk	<b>14</b> <b>Cheese Pizza</b> Oven Roasted Carrots Mixed Fruit Low Fat Milk	<b>Chef Salad</b> Slice of Fresh Bread  <b>Chicken Caesar Salad</b>  <b>Fruited Yogurt</b> Crackers
<b>17</b> <b>Italian Cheesy Pull Apart</b> Mixed Vegetables Mandarin Oranges Low Fat Milk	<b>18</b> <b>Taco Potato Bowl</b> Slice of Fresh Bread Mashed Potatoes Strawberries Low Fat Milk	<b>19</b> <b>Macaroni and Cheese</b> Slice of Fresh Bread <b>Stewed Tomatoes</b> Apple Sauce Low Fat Milk 	<b>20</b> <b>French Toast Sticks and Sausage</b> Tater Tots Pear Low Fat Milk	<b>21</b> <b>Italian Dunkers</b> Steamed Carrots Mixed Fruit Low Fat Milk	<b>Whole Grains Available Daily</b>  
<b>24</b> <b>Cheesesteak Hoagie</b> Steamed Broccoli Apple Slices Low Fat Milk	<b>25</b> <b>Loaded Chicken Totchos Bowl</b> Slice of Fresh Bread Steamed Green Peas Diced Peaches Low Fat Milk	<b>26</b> <b>Waffles and Sausage</b> Tater Tots Pineapple Tidbits Low Fat Milk <b>12:30 Dismissal</b>	<b>27</b> <b>Breaded Chicken Parmesan with Pasta</b> Oven Roasted Carrots Mandarin Oranges Low Fat Milk	<b>28</b> <b>Cheese Pizza</b> Steamed Green Beans Mixed Fruit Low Fat Milk	
<b>31</b> <b>Mummy Hot Dogs</b> Slice of Fresh Bread Ghost Fries Graveyard Jell-o Low Fat Milk					<p>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</p>
<b>MONDAY</b> <b>CHICKEN NUGGETS</b> <b>SLICE OF BREAD</b>	<b>TUESDAY</b> <b>GRILLED CHEESE</b> <b>SANDWICH</b>	<b>WEDNESDAY</b> <b>BREADED CHICKEN PATTY</b> <b>SANDWICH</b>	<b>THURSDAY</b> <b>MOZZARELLA STICKS</b> <b>TOMATO DIPPING SAUCE</b>	<b>FRIDAY</b> <b>CHEESE BURGER</b>	<b>Lunch Prices:</b> <b>Paid \$2.60</b> <b>Reduced \$.40</b>