

Lake Shore Elementary School Lunch Menu

April 2021



My Plate Recommends:



Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange or dark green. They not only taste great, but they're also are good for you!

Reference:

[USDA.MyPlate.gov.Internet:http://www.myplate.gov/](http://www.myplate.gov/)

Menu is subject to change.

Free Lunch For All Students

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Grilled Cheese Sandwich w/Tomato Soup Or Julienne Salad w/Turkey And Flatbread ----- Green Beans</p>	<p>2</p> <p>Good Friday No School</p>
<p>5</p> <p>Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm</p>	<p>Spring Recess No School 5th Thru 9th</p> 			
<p>12</p> <p>Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm</p>	<p>13</p> <p>Hamburger or Cheeseburger on a Bun Or Julienne Salad w/Turkey and Flatbread ----- French Fries</p>	<p>14</p> <p>Chicken Nuggets Or Turkey and Cheese Sandwich ----- Green Beans</p>	<p>15</p> <p>Hamburger or Cheeseburger on a Bun Or Julienne Salad w/Turkey and Flatbread ----- French Fries</p>	<p>16</p> <p>Chicken Nuggets Or Turkey Sandwich ----- Green Beans</p>
<p>19</p> <p>Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm</p>	<p>20</p> <p>8" Taco w/Meat, Cheese and Salsa Or Julienne Salad w/Turkey and Flatbread ----- Carrots</p>	<p>21</p> <p>Cheese and Pepperoni Pizza Or Turkey Sandwich ----- Green Beans</p>	<p>22</p> <p>8" Taco w/Meat, Cheese, and Salsa Or Julienne Salad w/Turkey and Flatbread ----- Carrots</p>	<p>23</p> <p>Cheese and Pepperoni Pizza Or Turkey and Cheese Sandwich ----- Green Beans</p>
<p>26</p> <p>Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm</p>	<p>27</p> <p>Spaghetti and Meatballs w/Dinner Roll Or Julienne Salad w/Turkey and Flatbread ----- Broccoli</p>	<p>28</p> <p>Chicken Patty on a Bun Or Turkey and Cheese Sandwich ----- Corn</p>	<p>29</p> <p>Spaghetti and Meatballs w/Dinner Roll Or Julienne Salad w/Turkey And Flatbread ----- Broccoli</p>	<p>30</p> <p>Chicken Patty on a Bun Or Turkey Sandwich ----- Corn</p>

Offered Daily

With all School Lunches:

Fresh NYS apples from LynOaken Farms

Fresh or Prepared Fruit

(served by the 1/2c portion)

Vegetables

(served by the 3/4c portions unless noted)

(Must take 1/2 cup of Fruit or Veggies)

(May take up to 1 cup)

NYS Milk from Upstate Farms

Skim, Low Fat White, or Low Fat Chocolate

We serve the following Item Daily:

PBJ (2M & 2G)

Start With a:

- Vegetable
- Fruit (or take both)
- Choose Whole Grains
- Pick a lean Protein
- Add serving of milk

Take at Least 3