

# Lake Shore Elementary Lunch Menu

Grade K-5 \$1.50 Pre-Pay Full or Reduced Lunches available weekly, monthly or yearly please make checks payable to Lake Shore CSD.

## January 2019



Menu is subject to change.

Breakfast Available Daily: Please make breakfast a mandatory part of your day if you are approved for Free or Reduced Lunch; you are automatically approved for Breakfast

Lunch Fact

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 also are good for you.

Reference:

USDA.MyPlate.gov.Internet:<http://www.myplate.gov/>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>...LET'S GO EXPLORING!</p>				
7 Chicken Nuggets w/ Seasoned Rotini Or Turkey & Cheese Sandwich ----- Green Beans	8 Nacho Grande w/Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice Or Bologna Submarine ----- Corn	9 <b>"Breakfast For Lunch"</b> French Toast Sticks w/Syrup & 1 Sausage and 1 Egg Patty Or Ham Sandwich ----- Seasoned Tomatoes	10 Cheese & Pepperoni Pizza Or Turkey & Cheese Sandwich ----- Broccoli 1/2c Green Beans 1/2c	11 Grilled Cheese Sandwich w/ Tomato Soup Or Tuna Submarine ----- Carrots 1/2c Baked Beans 1/2c
14 Chicken Patty on a Hamburger Bun Or Turkey Sandwich ----- Corn	15 8" Soft Shell Taco w/Lettuce and Cheese Or Bologna & Cheese Submarine ----- Bean Salad	16 <b>Snowman Day Giveaway</b> Spaghetti w/ Meatballs & A Warm Snowman Pretzel or Ham & Cheese Sandwich ----- Green Beans	17 Cheese & Pepperoni Pizza Or Turkey & Cheese Sandwich ----- Carrots	18 Grilled Cheese Sandwich w/ Tomato Soup Or Tuna Submarine ----- Broccoli
21 <b>Martin Luther King Day</b>  No School	22 Taco in a Bag w/ Nacho Doritos, Meat, Cheese, Salsa, and Seasoned Rice Or Bologna Submarine ----- Vegetarian Beans	23 Pork Chop w/Gravy & Seasoned Rotini Or Ham Sandwich ----- Carrots	24 Cheese Pizza Or Turkey Sandwich ----- Broccoli	25 Meatball Submarine w/Mozzarella Cheese Or Tuna & Cheese Submarine ----- Corn 1/2c Green Beans 1/2c
28 Chicken Nuggets w/Seasoned Rotini Or Turkey Sandwich ----- Broccoli	29 8" Soft Shell Taco w/Lettuce, Cheese and Salsa Or Bologna & Cheese Submarine ----- Bean Salad 1/2c Green Beans 1/2c	30 Hamburger or Cheeseburger on a Bun Or Ham & Cheese Sandwich ----- French Fries	31 Cheese & Pepperoni Pizza Or Turkey & Cheese Sandwich ----- Carrots	

### Offered Daily

#### With all School Lunches:

*Fresh Fruit (served by the piece = 1/2c)  
 Or Prepared Fruit (served by the 1/2c portion)  
 Vegetables (served by the 3/4c portions unless otherwise noted)*

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

*(May take 1 cup)*

*Non or Low Fat White or Non Fat Chocolate Milk available daily*

#### We serve the following Items Daily

*PBJ (2M & 2G)*

*Salad Shakers either Ham or Turkey  
 W/Cheese*

*Croutons and Flatbread (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