

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.

March 2019



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

Menu is subject to change.

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>1</p> <p>Grilled Cheese Sandwich w/Tomato Soup Or Tuna Submarine</p> <p>-----</p> <p>Corn 1/2c Seasoned Tomatoes 1/2c</p>
<p>4</p> <p>Chicken Patty on a Hamburger Bun Or Turkey Sandwich</p> <p>-----</p> <p>Broccoli</p>	<p>5</p> <p>Taco in a Bag w/Nacho Doritos, Meat, Cheese, Salsa & Seasoned Rice or Bologna & Cheese Submarine</p> <p>-----</p> <p>Vegetarian Beans</p>	<p>6</p> <p>Pork Chop w/ Gravy & Seasoned Rotini Or Ham Sandwich</p> <p>-----</p> <p>Green Beans</p>	<p>7</p> <p>Cheese & Pepperoni Pizza Or Turkey Sandwich</p> <p>-----</p> <p>Carrots</p>	<p>8</p> <p>Hamburger or Cheeseburger on a Bun or Tuna & Cheese Submarine</p> <p>-----</p> <p>French Fries</p>
<p>11</p> <p>"St. Patrick's Day" Chicken Nuggets w/Shamrock Pretzel Or Turkey & Cheese Sandwich</p> <p>-----</p> <p>Green Beans</p>	<p>12</p> <p>8" Soft Shell Taco w/Lettuce, Cheese and Salsa Or Bologna Submarine</p> <p>-----</p> <p>Bean Salad 1/2c Corn 1/2c</p>	<p>13</p> <p>Meatballs w/Gravy and Seasoned Rotini Or Ham & Cheese Sandwich</p> <p>-----</p> <p>Carrots</p>	<p>14</p> <p>Cheese Pizza Or Turkey & Cheese Sandwich</p> <p>-----</p> <p>Broccoli</p>	<p>15</p> <p>Superintendent's Conference Day</p> <p>No School For Students!</p>
<p>18</p> <p>Chicken Patty on a Hamburger Bun Or Turkey Sandwich</p> <p>-----</p> <p>Corn</p>	<p>19</p> <p>Nacho Grande w/Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice Or Bologna & Cheese Submarine</p> <p>-----</p> <p>Vegetarian Beans</p>	<p>20</p> <p>"Breakfast For Lunch" French Toast Sticks w/Syrup & 1 Sausage and 1 Egg Patty Or Ham Sandwich</p> <p>-----</p> <p>Seasoned Tomatoes</p>	<p>21</p> <p>Cheese & Pepperoni Pizza Or Turkey Sandwich</p> <p>-----</p> <p>Green Beans</p>	<p>22</p> <p>Spaghetti and Meatballs w/ Warm Dinner Roll or Tuna & Cheese Submarine</p> <p>-----</p> <p>Broccoli</p>
<p>25</p> <p>Hot Dog on a Bun Or Turkey & Cheese Sandwich</p> <p>-----</p> <p>Baked Beans</p>	<p>26</p> <p>8" Taco w/Lettuce, Cheese and Salsa Or Bologna Submarine</p> <p>-----</p> <p>Vegetarian Beans</p>	<p>27</p> <p>Hamburger or Cheeseburger on a Bun Or Ham & Cheese Sandwich</p> <p>-----</p> <p>French Fries</p>	<p>28</p> <p>Cheese Pizza Or Turkey & Cheese Sandwich</p> <p>-----</p> <p>Carrots</p>	<p>29</p> <p>Grilled Cheese Sandwich w/Tomato Soup Or Tuna Submarine</p> <p>-----</p> <p>Corn</p>

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