

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.

May 2019



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/

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Nuggets w/Seasoned Rotini Or Ham and Cheese Sandwich ----- Green Beans	Cheese & Pepperoni Pizza Or Turkey Sandwich ----- Vegetarian Beans 1/2c Seasoned Tomatoes 1/2c	Spaghetti & Meatballs w/Warm Dinner Roll Or Tuna & Cheese Submarine ----- Corn 1/2c Broccoli 1/2c
6	7	8	9	10
Pork Chop w/Gravy & Seasoned Rotini Or Turkey Sandwich ----- Green Beans	"Cinco De Mayo" Taco in a Bag w/Nacho Doritos, Meat, Cheese, Salsa Or Bologna & Cheese Submarine ----- Vegetarian Beans Free Cinco De Mayo Cookies	Hamburger or Cheeseburger on a Bun Or Ham Sandwich ----- Corn	Cheese Pizza Or Turkey & Cheese Sandwich ----- Broccoli	Grilled Cheese Sandwich w/Tomato Soup or Tuna Submarine ----- Carrots
13	14	15	16	17
Meatball Submarine w/Mozzarella Cheese Or Turkey & Cheese Sandwich ----- Carrots	8" Taco w/Lettuce, Cheese and Salsa Or Bologna Submarine ----- Bean Salad	Hot Dog on a Bun Or Ham & Cheese Sandwich ----- Broccoli	Cheese & Pepperoni Pizza Or Turkey Sandwich ----- Green Beans	Chicken Patty on a WG Hamburger Bun Or Tuna & Cheese Submarine ----- Corn
20	21	22	23	24
Hamburger or Cheeseburger on a Bun Or Turkey Sandwich ----- Green Beans	8" Mexican Taco w/Lettuce, Cheese and Salsa Or Bologna & Cheese Submarine ----- Corn	Grilled Cheese w/Tomato Soup Or Ham Sandwich ----- Vegetarian Beans	Cheese Pizza Or Turkey & Cheese Sandwich ----- Carrots 1/2c Seasoned Tomatoes 1/2c	<p>Memorial Day Recess</p>
27	28	29	30	31
<p>Memorial Day Recess</p>	8" Taco w/Lettuce, Cheese and Salsa Or Bologna Submarine ----- Vegetarian Beans	Spaghetti & Meatballs w/Warm Dinner Roll Or Ham & Cheese Submarine ----- Green Beans	Cheese & Pepperoni Pizza Or Turkey Sandwich ----- Corn	Grilled Cheese Sandwich w/Tomato Soup or Tuna & Cheese Submarine ----- Carrots 1/2c Seasoned Tomatoes 1/2c

Offered Daily

With all School Lunches:

Fresh NY Apples from LynOaken Farms (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 Low 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