

Lake Shore High School Lunch Menu

April
2021



Menu is subject to change.

Free Lunch For All Students

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Nuggets w/ Seasoned Rotini ----- Mashed Potatoes	2 Good Friday No School
5 Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm				
12 Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm	13 Buffalo Chicken Macaroni and Cheese ----- Broccoli	14 Spaghetti w/Meat Sauce and a Warm Garlic Dinner Roll ----- Green Beans	15 Buffalo Chicken Macaroni and Cheese ----- Broccoli	16 Spaghetti w/Meat Sauce and a Warm Garlic Dinner Roll ----- Green Beans
19 Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm	20 Taco in a Bag w/Nacho Doritos, Meat, Cheese, Salsa and Seasoned Rice ----- Corn	21 Buffalo Chicken Submarine w/Assorted Toppings ----- French Fries	22 Taco in a Bag w/Nacho Doritos, Meat, Cheese, Salsa and Seasoned Rice ----- Corn	23 Buffalo Chicken Submarine w/Assorted Toppings ----- French Fries
26 Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm	27 BBQ Baked Chicken w/Seasoned Rotini ----- French Fries	28 Grilled Cheese Sandwich w/Tomato Soup ----- Green Beans	29 BBQ Baked Chicken w/Seasoned Rotini ----- French Fries	30 Grilled Cheese Sandwich w/Tomato Soup ----- Green Beans



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/>

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 1c 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:

Cheese or Cheese and Pepperoni Pizza (2M & 2G)

Assorted Julienne Salads w/Flatbread (2M & 2G)

10" Assorted Taco's w/Toppings (2M & 2G)

Triple Decker PBJ (2M & 3G)

Grab N Go Lunches Available Also Daily

Start With a:

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

Take at Least 3