

Lake Shore High School Lunch Menu

Grade 9-12 \$1.75 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
<i>Happy New Year</i>			3	4
			Chili w/Cheddar Cheese WG Crackers and a Warm Dinner Roll	Chicken Alfredo w/Seasoned Rotini and a Warm Dinner Roll
			----- Corn Green Beans	----- Broccoli Carrots 3/4c
7	8	9	10	11
Sweet N Sour Chicken Over Seasoned Rice and a Garlic Dinner Roll	Taco in a Bag w/ Nacho Doritos, Meat, Cheese Salsa and Seasoned Rice	"Breakfast For Lunch" French Toast Sticks w/ Syrup, 1 Sausage Patty & 1 Egg Patty	Chicken Nugget Submarine w/ Topping Bar	Grilled Cheese Sandwich w/Tomato Soup
----- Carrots 3/4c Broccoli	----- Corn Vegetarian Beans	----- Tater Tots Seasoned Tomatoes	----- Cauliflower 1c Romaine = 1/2c	----- Green Beans Mixed Vegetables
14	15	16	17	18
Hot Dog on a Bun w/ Macaroni Salad	Nacho Grande w/ Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice	Spaghetti w/Meatballs & a Warm Garlic Dinner Roll	Snowman Day Giveaway Chicken Alfredo w/ Rotini Noodles & A Warm Snowman Pretzel	Cheeseburger Submarine w/Lettuce, Tomato and Onion
----- Baked Beans Peas	----- Mixed Vegetables Seasoned Tomatoes	----- 1 c Romaine = 1/2c Green Beans	----- Broccoli Carrots 3/4c	----- Cauliflower Corn
21	22	23	24	25
Martin Luther King Day  No School	Taco in a Bag w/ Nacho Doritos, Meat, Cheese Salsa and Seasoned Rice	10" Chicken Patty Submarine w/ Lettuce, Tomato, Onion	Chicken Souvlaki w/Flatbread	Grilled Cheese Sandwich w/Tomato Soup
	----- Vegetarian Beans Corn	----- Broccoli Carrots 3/4c	----- Seasoned Tomatoes Cauliflower	----- 1 c Romaine = 1/2c Green Beans
28	29	30	31	
Pork Chop w/ Gravy Rotini Noodles & a Warm Dinner Roll	Nacho Grande w/ Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice	Meatball Submarine w/ Mozzarella Cheese and Topping Bar	Sweet and Sour Chicken over Seasoned Rice and a Dinner Roll	
----- Mashed Potatoes Cauliflower	----- Seasoned Tomatoes Bean Salad	----- 1c Romaine = 1/2c Green Beans	----- Carrots 3/4c Broccoli	

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 1/2c 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

Pre Ordered Grab N Go Lunch
Triple Decker PBJ

Made to order Subs, Wraps or Panini's w/Topping Bar
Yogurt Parfaits w/Flatbread
Julienne Salad w/Toppings Bar
Cheese & Pepperoni Pizza or a Specialty Pizza of the Day

Start With a:

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

Take at Least 3