

# 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.

## March 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
<b>CELEBRATE FOREIGN LANGUAGE WEEK WITH US &amp; EAT YOUR WAY AROUND THE WORLD MARCH 4<sup>TH</sup> THROUGH THE 8<sup>TH</sup>!</b>				1
				Grilled Cheese Sandwich w/Tomato Soup  ----- 1c Romaine = 1/2c Corn
4 <b>French Day</b>  Croque Monsieur Or Cheese & Pepperoni Pizza  ----- Oven Roasted Asparagus	5 <b>German Day</b>  Jagerschnitzel Or Cheese Pizza  ----- Roasted Brussels Sprouts	6 <b>Seneca Nation Day</b>  Flatbread Tacos Or Cheese & Pepperoni Pizza  ----- Corn Soup	7 <b>Spanish Day</b>  Spanish Chicken Or Chicken Finger Pizza  ----- Mexican Sweet Potato Rice	8 <b>Italian Day</b>  Meatball Sub w/Mozzarella Cheese Or Cheese & Pepperoni Pizza  ----- Italian Roasted Vegetables
11 <b>"St Patrick's Day"</b>  Chicken Nuggets w/Seasoned Rotini and a Shamrock Pretzel  ----- Carrots 3/4c Cauliflower	12  Taco in a Bag w/ Nacho Doritos, Meat, Cheese, Salsa and Seasoned Rice  ----- Vegetarian Beans Seasoned Tomatoes	13  Cheeseburger Submarine w/Lettuce, Tomato and Onion  ----- Green Beans French Fries	14  Chicken Souvlaki w/Flatbread  ----- Mixed Vegetables Broccoli	15 <b>Superintendent's Conference Day</b>    <b>No School For Students!</b>
18  Pork Chop w/Gravy, Rotini Noodles & a Warm Dinner Roll  ----- French Fries Corn	19  Nacho Grande w/ Tostitos Chops, Meat, Cheese, Salsa, And Seasoned Rice  ----- Seasoned Tomatoes Bean Salad	20  Spaghetti and Meatballs w/Garlic Dinner Roll  ----- 1c Romaine = 1/2c Broccoli	21  Chicken Patty Submarine w/Topping Bar  ----- Carrots 3/4c Green Beans	22  Grilled Cheese Sandwich w/Tomato Soup  ----- Cauliflower Mixed Vegetables
25  Chicken Nugget Submarine w/ Topping Bar  ----- Green Beans Cauliflower	26  Taco in a Bag w/ Nacho Doritos, Meat, Cheese, Salsa and Seasoned Rice  ----- Corn Vegetarian Beans	27 <b>"Breakfast For Lunch"</b>  French Toast Sticks w/Syrup and 1 Sausage and 1 Egg Patty  ----- Seasoned Tomatoes French Fries	28  Bacon Cheeseburger Submarine w/Lettuce, Tomato and Onion  ----- 1c Romaine = 1/2c Mixed Vegetables	29  BBQ Baked Chicken w/ Pasta Salad  ----- 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