

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.

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.my plate.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 10" BBQ Chicken Wrap w/Topping Bar ----- 1c Romaine=1/2c Green Beans	2 Chicken Patty Submarine w/Topping Bar ----- Vegetarian Beans Corn	3 Hot Buffalo Chicken Macaroni and Cheese ----- Carrots Sweet Potatoes
6 Buffalo Chicken Wing Flatbread Pizza ----- Mashed Potatoes Corn	7 "Cinco De Mayo" Nacho Grande w/Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice ----- Bean Salad Green Beans Free Cinco De Mayo Cookies	8 Grilled Buffalo Chicken Submarine w/Topping Bar ----- 1c Romaine =1/2c Mixed Vegetables	9 Hot Dog on a Bun w/Macaroni Salad ----- Broccoli Seasoned Tomatoes	10 Cheeseburger Submarine w/Topping Bar ----- Cauliflower Carrots 3/4
13 BBQ Chicken Flatbread w/Mozzarella Cheese ----- Broccoli Carrot Bags	14 Taco in a Bag w/ Nacho Doritos, Meat, Cheese, Salsa and Seasoned Rice ----- Bean Salad Seasoned Tomatoes	15 Chicken Nugget Submarine w/Topping Bar ----- Carrots 3/4c Corn	16 Spaghetti w/Meatballs and a Warm Garlic Dinner Roll ----- 1c Romaine =1/2c Green Beans	17 10" Spicy Chicken Wrap w/Topping Bar ----- Mixed Vegetables Corn
20 Chicken Alfredo w/Seasoned Rotini ----- Mixed Vegetables Corn	21 Nacho Grande w/Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice ----- Vegetarian Beans Green Beans	22 Baked Meatball Submarine w/Melted Mozzarella Cheese ----- Seasoned Tomatoes 3/4 1c Romaine =1/2c	23 10" Chicken Fajita Wrap w/Topping Bar ----- Broccoli Carrot Bags	24  Memorial Day Recess
27  Memorial Day Recess	28 Taco in a Bag w/ Nacho Doritos, Meat, Cheese, Salsa and Seasoned Rice ----- Seasoned Tomatoes Corn	29 Bacon Cheeseburger Submarine w/Lettuce, Tomato & Onion ----- Green Beans Baked Beans	30 BBQ Baked Chicken w/Pasta Salad ----- Carrots 3/4c Corn	31 Grilled Cheese Sandwich w/Tomato Soup ----- 1c Romaine =1/2c Mixed Vegetables

Offered Daily

With all School Lunches:

- Fresh 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 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 Low 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