

Lake Shore Middle School Lunch Menu

April 2021



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/>

Menu is subject to change.

Free Lunch For All Students

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grilled Cheese Sandwich w/Tomato Soup Or 8" Chicken Fajita Taco w/Lettuce, Cheese and Salsa ----- Carrots	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 Meatball Submarine w/Mozzarella Cheese Or 8" Chicken Fajita Taco w/Lettuce, Cheese and Salsa ----- Green Beans	14 Hamburger or Cheeseburger on a Bun Or 8" Taco w/Meat, Lettuce, Cheese and Salsa ----- French Fries	15 Meatball Submarine w/Mozzarella Cheese Or 8" Chicken Fajita Taco w/Lettuce, Cheese and Salsa ----- Green Beans	16 Hamburger or Cheeseburger on a Bun Or 8" Taco w/Meat, Lettuce, Cheese and Salsa ----- French Fries
19 Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm	20 BBQ Baked Chicken w/Seasoned Rotini Or 8" Taco w/Meat, Lettuce, Cheese ----- French Fries	21 Taco in a Bag w/Nacho Doritos, Meat, Cheese And Salsa Or 8" Chicken Fajita Taco w/Lettuce, Cheese and Salsa ----- Corn	22 BBQ Baked Chicken w/Seasoned Rotini Or 8" Taco w/Meat, Lettuce, Cheese ----- French Fries	23 Taco in a Bag w/Nacho Doritos, Meat, Cheese And Salsa or 8" Chicken Fajita Taco w/Lettuce, Cheese and Salsa ----- Corn
26 Remote Instruction Day Meal Pickup By the Sculpture Garden MS 3:30 pm - 6:00 pm	27 Nacho Grande w/Tostitos Chips, Meat, Cheese and Salsa Or 8" Chicken Fajita Taco w/Lettuce, Cheese and Salsa ----- Corn	28 Chicken Nuggets Or 8" Taco w/Meat, Lettuce, Cheese and Salsa ----- Carrots	29 Nacho Grande w/Tostitos Chips, Meat, Cheese and Salsa Or 8" Chicken Fajita Taco w/Lettuce, Cheese and Salsa ----- Corn	30 Chicken Nuggets Or 8" Taco w/Meat, Lettuce, Cheese and Salsa ----- Carrots

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 3/4c 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)

PB&J Sandwich (2M-2G)

Julienne Salad w/Flatbread (2M -2G)

Turkey Submarine w/Assorted Topping (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