

Lake Shore Middle School Lunch Menu

Grade 6-8 \$1.75 Pre-Pay Full or Reduced Lunches available weekly, monthly or yearly please make checks payable to Lake Shore CSD.

March 2019



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

Menu is subject to change.






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
CELEBRATE FOREIGN LANGUAGE WEEK WITH US & EAT YOUR WAY AROUND THE WORLD				1
 MARCH 4TH THROUGH THE 8TH! 				1
				Grilled Cheese Sandwich w/ Tomato Soup ----- Corn 1/2c Seasoned Tomatoes 1/2c
4	5	6	7	8
<u>French Day</u> Croque Monsieur Or Cheese & Pepperoni Pizza ----- Oven Roasted Asparagus	<u>German Day</u> Jagerschnitzel Or Cheese Pizza ----- Roasted Brussels Sprouts	<u>Seneca Nation Day</u> Flatbread Tacos Or Cheese & Pepperoni Pizza ----- Corn Soup	<u>Spanish Day</u> Spanish Chicken Or Chicken Finger Pizza ----- Mexican Sweet Potato Rice	<u>Italian Day</u> Meatball Sub w/Mozzarella Cheese Or Cheese & Pepperoni Pizza ----- Italian Roasted Vegetables
11	12	13	14	15
<u>"St. Patrick's Day"</u> Chicken Nuggets w/ Shamrock Pretzel ----- Green Beans	8" Soft Shell Taco w/Lettuce, Cheese, and Salsa ----- Bean Salad 1/2c Broccoli 1/2c	Pork Chop w/Gravy and Seasoned Rotini ----- Carrots	Hamburger or Cheeseburger on a Bun w/Lettuce, Tomato, Onion ----- French Fries	Superintendent's Conference Day  ----- No School For Students!
18	19	20	21	22
Chicken Patty on a Hamburger Bun ----- Corn	Nacho Grande w/Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice ----- Vegetarian Beans	Sweet and Sour Chicken with Seasoned Rice ----- Green Beans	Seasoned Baked Chicken w/Seasoned Rotini Noodles ----- Carrots	Spaghetti and Meatballs w/Warm Dinner Roll ----- Broccoli
25	26	27	28	29
Hot Dog on a Bun ----- Baked Beans	8" Taco w/Lettuce, Cheese and Salsa ----- Vegetarian Beans	Hamburger or Cheeseburger on a Bun ----- French Fries	Cheese & Pepperoni Flatbread Pizza ----- Corn	Grilled Cheese Sandwich w/Tomato Soup ----- Carrots

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 3/4c 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

PBJ (2M & 2G) Subs (2M-2G)
Yogurt Parfait w/Flatbread (2M-2G)
Julienne Salad w/Toppings Bar (2M-2G)
Fresh Baked
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