

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.

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.myplate.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 Oven Roasted BBQ Chicken w/Seasoned Rotini Noodles ----- Green Beans	2 Hot Dog on a Bun ----- Vegetarian Beans 1/2c Seasoned Tomatoes 1/2c	3 Spaghetti and Meatballs w/Warm Dinner Roll ----- Corn 1/2c Broccoli 1/2c
6 Chicken Nuggets w/Seasoned Rotini ----- Green Beans	7 "Cinco De Mayo" Taco in a Bag w/Nacho Doritos, Meat, Cheese, Salsa & Seasoned Rice ----- Vegetarian Beans Free Cinco De Mayo Cookies	8 Hamburger or Cheeseburger on a Bun ----- Corn	9 Cheese and Pepperoni Flatbread Pizza ----- Broccoli	10 Grilled Cheese Sandwich w/Tomato Soup ----- Carrots
13 Meatball Submarine w/Mozzarella Cheese ----- Sweet Potatoes	14 8" Taco w/Lettuce, Cheese and Salsa ----- Bean Salad	15 Buffalo Wing Flatbread Pizza ----- Broccoli	16 Lazy Lasagna w/Warm Garlic Dinner Roll ----- Green Beans	17 Oven Roasted BBQ Chicken w/Seasoned Rotini Noodles ----- Corn
20 Grilled Cheese Sandwich w/Tomato Soup ----- Green Beans	21 8" Mexican Taco w/Lettuce, Cheese and Salsa ----- Corn	22 Hamburger or Cheeseburger on a Bun ----- Vegetarian Beans	23 Sloppy Joe on a Bun ----- Carrots 1/2c Sweet Potatoes 1/2c	24 Memorial Day Recess
27 Memorial Day Recess	28 8" Taco w/Lettuce, Cheese and Salsa ----- Vegetarian Beans	29 Spaghetti and Meatballs w/Warm Dinner Roll ----- Green Beans	30 Goulash w/a Warm Garlic Dinner Roll ----- Corn	31 Grilled Cheese Sandwich w/Tomato Soup ----- Carrots 1/2c Seasoned Tomatoes 1/2c

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 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 Low 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 (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