

Lakeside Elementary

December Lunch Menu

Food Service Director: Ryne Spaulding

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|  <p>What Makes a Meal?</p> <p>You must choose at least 3 of 5 components available for the school lunch price.</p> <p>Choice of Meat or Meat Alternate</p> <p>Choice of Vegetable, Choice of Fruit*</p>  <p>Fresh Fruits & Vegetables Offered Daily</p> <div> <p>*Vegetables may include:</p> <ul style="list-style-type: none"> Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber <p>*May choose two 1/2 cup servings</p>  </div> <div> <p>*Fruits may include:</p> <ul style="list-style-type: none"> Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce <p>*May choose one 1/2 cup serving</p>  <p>Milk Choices Offered Daily</p> <ul style="list-style-type: none"> Fat Free Chocolate, Low Fat White <p>MENUS SUBJECT TO CHANGE</p> </div> | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Weekly Choices |
|--|---|---|---|---|---|---|
| | | 1 Hot Dog on a Roll French Fries Mandarin Oranges Low Fat Milk | 2 Grilled Cheese Sandwich Tomato Soup Steamed Corn Apple Slices Low Fat Milk | 3 Popcorn Chicken Bowl Slice Of Bread Mashed Potatoes Mix Fruit Low Fat Milk | 4 Homemade Pizza Steamed Carrots Pears Low Fat Milk | <u>Monday</u> Ham & Cheese Hoagie |
| | | | | | | <u>Tuesday</u> Turkey & Cheese Hoagie |
| | 7 Chicken Nuggets Slice Of Bread French Fries Juicy Peaches Low Fat Milk | 8 Macaroni and Cheese Slice Of Bread Steamed Broccoli Applesauce Low Fat Milk | 9 Chicken Patty Sandwich Tater Tots Mandarin Oranges Low Fat Milk | 10 Pierogies Steamed Carrots Fruit Cocktail Low Fat Milk | 11 Pepperoni Pizza Steamed Peas Juicy Pears Low Fat Milk | <u>Wednesday</u> Breaded Chicken Caesar Salad Slice Bread |
| | 14 Breaded Chicken Sandwich Steamed Green Beans Mandarin Oranges Low Fat Milk | 15 <u>Taco Tuesday!</u> Crunch Beef Tacos Steamed Rice Refried Beans Peaches Low Fat Milk | 16 Popcorn Chicken Bowl Slice Of Bread Mashed Potatoes Pears Low Fat Milk | 17 Cheeseburger on a bun Steamed Carrots Applesauce Low Fat Milk | 18 Homemade Pizza Steamed Broccoli Pineapple Tidbits Low Fat Milk | <u>Thursday</u> Buffalo Chicken Wrap |
| | 21 Chicken Nuggets Slice Of Bread French Fries Juicy Peaches Low Fat Milk | 22 Pasta with Meat Sauce Slice Of Bread Steamed Peas Pears Low Fat Milk | 23 <u>Brunch For Lunch</u> Buttermilk Pancakes Sausage Patties Hash Browns Cinnamon Apple Slices Low Fat Milk | 24 | 25 MERRY CHRISTMAS! | <u>Friday</u> Italian Hoagie |
| | | | | | | <u>Available Everyday</u> Peanut Butter and Jelly Sandwich |
| | | | | | |  <p>Whole Grains Available Daily</p> |
| | | | | | | The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE |

Lunch Prices:

Paid \$2.60

Reduced \$.40