



Lake-Lehman Elementary Lunch Menu January 2021

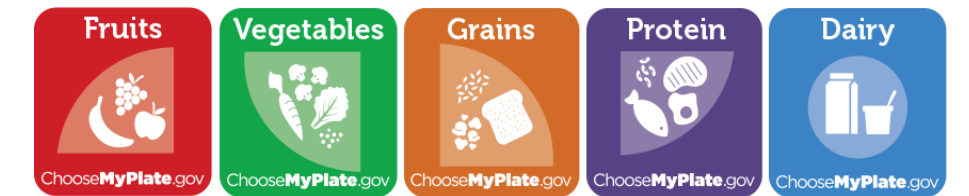
Mashed Potato

Monday 12/28/20	Tuesday 12/29/20	Wednesday 12/30/20	Thursday 12/31/20	Fry-Day 1/1/21
<u>No School</u>	<u>No School</u>	<u>No School</u>	<u>No School</u>	<u>No School</u>
Happy Holidays				
1/4/21	1/5/21	1/6/21	1/7/21	1/8/21
Cheesburger Potato Bowl	Hard Shell Tacos Salsa, Sour Cream, Shredded Cheddar	Honey Lemon Chicken with Brown Rice	Grilled Cheese	French Bread Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Tomato Soup Choice of Fruit Choice of Milk	Tater Puffs Choice of Fruit Choice of Milk
1/11/21	1/12/21	1/13/21	1/14/21	1/15/21
Hot Ham & Cheese on a Pretzel Roll	Nachos Grande Salsa, Sour Cream, Shredded Cheddar	Lasagna Roll-Up with a Garlic Breadstick	Cheesy Bread with Tomato Sauce	Homemade Cheese Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	French Fries Choice of Fruit Choice of Milk
1/18/21	1/19/21	1/20/21	1/21/21	1/22/21
Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheddar	Chicken Tacos with Flour Tortillas Salsa, Sour Cream, Shredded Cheddar	Hamburger or Cheesburger on a Bun	Corn Dog Nuggets with a Dinner Roll	Homemade Pizza Bagel
Mashed Potatoes Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	Glazed Carrots Choice of Fruit Choice of Milk	Curly Fries Choice of Fruit Choice of Milk
1/25/21	1/26/21	1/27/21	1/28/21	1/29/21
Chicken Tenders with a Dinner Roll	Philly Cheesesteak Hoagie or Pulled Pork BBQ	<u>Breakfast for Lunch</u> Assorted Hot Breakfast May include Waffles, Pancakes or other hot items	Breaded Chicken Patty (Parmesan or Plain)	French Bread Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Potato Triangles Choice of Fruit Choice of Milk	Ranchero Carrots Choice of Fruit Choice of Milk	Tater Puffs Choice of Fruit Choice of Milk

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USDA National School Lunch Requirements

Students are encouraged to take all 5 of the different components offered; however, it is required they take at least 3 *different* components. One of those components must be a fruit and/or a vegetable.



Whether they take 3, 4, or 5 of the components, the meal is the same price.

This allows them to build a healthy meal by selecting 3 to 5 *different* food groups. One of those food groups must be a fruit and/or a vegetable.

Other Daily Entree Options May Include:

- Italian Hoagie
- Club Sandwich on Whole Wheat
- Ham & Cheese Hoagie
- Turkey & Cheese on Whole Wheat
- Turkey, Ham & Cheese Croissant
- Peanut Butter & Jelly with String Cheese
- Tuna Salad on Whole Wheat
- Chef Salad with a Dinner Roll

Student Lunch: \$2.15
Reduced Lunch: \$0.40
Adult Lunch: \$3.50



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www.lakelehmanmetz.com
Menus, What Makes a Meal, Nutrition Information

