



**Metz**  
CULINARY MANAGEMENT



# Lake-Lehman Jr/Sr Lunch Menu January 2021

	<b>Monday</b> 12/28/20	<b>Tuesday</b> 12/29/20	<b>Wednesday</b> 12/30/20	<b>Thursday</b> 12/31/20	<b>Pizza Fry-Day</b> 1/1/21
Week 1	No School	No School	No School	No School	No School
Week 2	1/4/21 Grilled Cheese Choice Regular or Bacon  J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: Tomato Soup Choice of Fruit Choice of Milk	1/5/21 Buffalo Chicken Dip with Tortilla Chips Salsa and Sour Cream  J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Corn Choice of Fruit Choice of Milk	1/6/21 Corn Dog Nuggets with a Dinner Roll or Chicken Nuggets with a Dinner Roll J. Clarkes Grille Spicy Chicken Patty on a Bun  Featured Veggie: Mashed Potatoes Choice of Fruit Choice of Milk	1/7/21 Cheese Ravioli with a Garlic Breadstick  J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Ranchero Carrots Choice of Fruit Choice of Milk	1/8/21 <b>Villa Toscana Pizza</b> Choice of Pizza  J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: Curly Fries Choice of Fruit Choice of Milk
Week 3	1/11/21 Spicy Asian Noodle Bowl choice of Beef or Chicken with Scallions and Crunchy Chow Mein Noodles J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: Steamed Broccoli Choice of Fruit Choice of Milk	1/12/21 Nachos Grande Shredded Lettuce, Salsa Cheddar, Sour Cream, Cheddar Cheese Sauce  J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Green Beans Choice of Fruit Choice of Milk	1/13/21 Buffalo Chicken Hoagie or Chicken Tenders with a Dinner Roll J. Clarkes Grille Spicy Chicken Patty on a Bun  Featured Veggie: Mashed Potatoes Choice of Fruit Choice of Milk	1/14/21 Home Made Beef Lasagna with a Garlic Breadstick  J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Mixed Veggies Choice of Fruit Choice of Milk	1/15/21 <b>Villa Toscana Pizza</b> Choice of Pizza  J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: Tater Puffs Choice of Fruit Choice of Milk
Week 4	1/18/21 French Toast Sticks Sausage Patty Maple Syrup  J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: Potato Triangles Choice of Fruit Choice of Milk	1/19/21 Quesadilla Bar Choice of Quesadilla Salsa and Sour Cream  J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Corn Choice of Fruit Choice of Milk	1/20/21 Cowboy Burger with Onion Rings, Cheddar Cheese & BBQ Sauce  J. Clarkes Grille Spicy Chicken Patty on a Bun  Featured Veggie: French Fries Choice of Fruit Choice of Milk	1/21/21 Scratch-Made Mac & Cheese Bar Regular or Buffalo Chicken J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Stewed Tomatoes Choice of Fruit Choice of Milk	1/22/21 <b>Villa Toscana Pizza</b> Choice of Pizza  J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: French Fries Choice of Fruit Choice of Milk
Week 5	1/25/21 Baked Meatball & Mozzarella Hoagie or Philly Cheesesteak Hoagie J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: Cauliflower Choice of Fruit Choice of Milk	1/26/21 Taco Bar Choice of Protein, Hard or Soft Shell Taco, Shredded Lettuce, Salsa Cheddar, Sour Cream J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Green Beans Choice of Fruit Choice of Milk	1/27/21 Breakfast For Lunch Assorted Hot Breakfast Items, may include Pancakes, Waffles or other hot items J. Clarkes Grille Spicy Chicken Patty on a Bun  Featured Veggie: Potato Triangles Choice of Fruit Choice of Milk	1/28/21 Pierogies with Butter & Onions served with a Dinner Roll  J. Clarkes Grille Hamburger or Cheeseburger  Featured Veggie: Mixed Veggies Choice of Fruit Choice of Milk	1/29/21 <b>Villa Toscana Pizza</b> Choice of Pizza  J. Clarkes Grille Chicken Patty on a Bun  Featured Veggie: Curly Fries Choice of Fruit Choice of Milk

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**Student Lunch \$2.25    Reduced Lunch \$0.40    Adult Lunch \$3.50**

### 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.



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 groups must be a fruit and/or vegetable

### Villa Toscana Pizza FRIDAY:

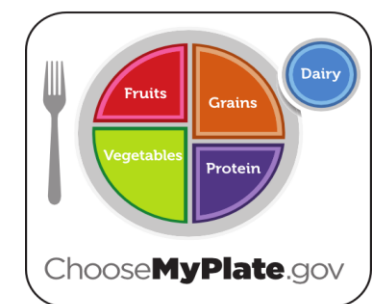
Options may include plain, sausage, white, or specialty pizza. Served w/ Choice of Fruit, Veg & Milk

### Chef Fresh:

A variety of Grab & Go Salads and Sandwiches are made daily. Low fat dressings are available. Served with fruit and milk

### J.Clarkes Grille:

**Mon:** Chicken Patty on a Bun  
**Tues:** Hamburger & Cheeseburger  
**Wed:** Spicy Chicken Patty on a Bun  
**Thurs:** Hamburger & Cheeseburger  
**Fri:** Chicken Patty on a Bun  
Served w/ Choice of Fruit, Veg & Milk



Check out [www.lakelehmanmetz.com](http://www.lakelehmanmetz.com) for Printable Menus, What Makes a Meal and Nutrition Information



[www.schoolcafe.com](http://www.schoolcafe.com) online payments, interactive menus, free/reduced applications

This institution is an equal opportunity provider

\*Menu subject to change