

OCTOBER 2019



LAKE-LEHMAN ELEMENTARY LUNCH MENU



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Components are:
Meat or Meat Alternate
Choice of Vegetable
Choice of Fruit
Milk Choice
Grain Choice
Minimum 1/2 cup serving of fruit or vegetable must accompany a meal for the lunch price

Fruit and Vegetable Choices May include:
oranges, apples, bananas, grapes, peaches, strawberries, applesauce, pineapple, mandarin oranges, fruit cocktail and 100% fruit juice
broccoli, garden salad, carrots, grape tomatoes, bell peppers, celery, cucumbers and peas

Daily Entree Options May Include:
Peanut Butter & Jelly on Whole Wheat with String Cheese
Ham & Cheese on Whole Wheat
Turkey & Cheese on Whole Wheat
Tuna on Whole Wheat
Chef Salad with a Dinner Roll

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

General Manager: Jodi McMillan
570-255-2799
ma1124@metzcorp.com

www.lakelehmanmetz.com

New online payments and interactive menus
www.schoolcafe.com

Monday	Tuesday	Wednesday	Thursday	Friday
9/30/19 Pasta with Meatballs Garlic Breadstick or Chicken Nuggets Dinner Roll Featured Veggies: Glazed Carrots Choice of Fruit Choice of Milk	10/1/19 Hard Shell Tacos or Philly Cheesesteak Hoagie Featured Veggies: Curly Fries Choice of Fruit Choice of Milk	10/2/19 Cheeseburger Potato Bowl Ground Beef, Corn, Gravy & Cheddar Cheese with a Dinner Roll Featured Veggies: Mashed & Corn Choice of Fruit Choice of Milk	10/3/19 Corn Dog Nuggets Dinner Roll or Pulled Pork BBQ on a Bun Featured Veggies: Broccoli & Cauliflower Choice of Fruit Choice of Milk	10/4/19 Sloppy Joe on a Bun or Regular or Garlic French Bread Pizza Featured Veggies: French Fries Choice of Fruit Choice of Milk
10/7/19 Pierogies Dinner Roll or Chicken Tenders Dinner Roll Featured Veggies: Corn Choice of Fruit Choice of Milk	10/8/19 Soft Shell Tacos or Hot Ham & Cheese on a Pretzel Roll Featured Veggies: Steamed Broccoli Choice of Fruit Choice of Milk	10/9/19 Grilled Cheese Tomato Soup or Chicken Patty with Cheese on a Bun Featured Veggies: Tomato Soup Choice of Fruit Choice of Milk	10/10/19 Beef Lasagna Garlic Breadstick or Hamburger or Cheeseburger Featured Veggies: Mixed Veggies Choice of Fruit Choice of Milk	10/11/19 Chicken Parm Sandwich or Pepperoni Pizza Bagel Featured Veggies: Steamed Peas Choice of Fruit Choice of Milk
10/14/19 Mac & Cheese Bar Dinner Roll or Popcorn Chicken Dinner Roll Featured Veggies: Stewed Tomatoes Choice of Fruit Choice of Milk	10/15/19 Nachos Grande or Corn Dog Nuggets Dinner Roll Featured Veggies: Tater Puffs Choice of Fruit Choice of Milk	10/16/19 No School	10/17/19 Open-Face Turkey Sandwich or Pulled Pork BBQ on a Bun Featured Veggies: Mashed Potatoes Choice of Fruit Choice of Milk	10/18/19 Chicken in Gravy over a Biscuit or Stuffed Crust Pizza Featured Veggies: Ranchero Carrots Choice of Fruit Choice of Milk
10/21/19 Baked Ziti Garlic Breadstick or Chicken Nuggets Dinner Roll Featured Veggies: Steamed Peas Choice of Fruit Choice of Milk	10/22/19 Chicken Quesadilla or Hot Ham & Cheese on a Pretzel Roll Featured Veggies: Green Beans Choice of Fruit Choice of Milk	10/23/19 Popcorn Chicken Bowl Mashed Potatoes, Corn, Cheese, Gravy and a Dinner Roll Featured Veggies: Mashed & Corn Choice of Fruit Choice of Milk	10/24/19 Chicken Lo Mein or Hamburger or Cheeseburger Featured Veggies: Broccoli & Cauliflower Choice of Fruit Choice of Milk	10/25/19 Breaded Fish Sticks Dinner Roll or Cheese or Pepperoni Pizza Featured Veggies: French Fries Choice of Fruit Choice of Milk
10/28/19 Pasta with Meat Sauce Garlic Breadstick or Chicken Tenders Dinner Roll Featured Veggies: Mixed Veggies Choice of Fruit Choice of Milk	10/29/19 Soft Shell Chicken Tacos or Philly Cheesesteak Hoagie Featured Veggies: Curly Fries Choice of Fruit Choice of Milk	10/30/19 Cheese Stuffed Breadsticks with Sauce or Hot Dog on a Bun Featured Veggies: Steamed Carrots Choice of Fruit Choice of Milk	10/31/19 French Toast Sticks Sausage Patty or Pulled Pork BBQ on a Bun Featured Veggies: Potato Triangles Choice of Fruit Choice of Milk	

