



Lake-Lehman Jr/Sr Lunch Menu October 2019



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
- Grain
- Choice of Milk

A minimum of 1/2 cup serving of fruit or vegetable must accompany a lunch for the school lunch price

Must take at least one 1/2 cup serving of Fruits or Vegetables which may include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery
- Cucumber
- Crisp Apples
- Sliced Peaches
- Mixed Fruit
- Fresh Oranges
- Banana
- Pineapple Tidbit

Green Scene:

A cold Salad Bar is available daily with a wide variety of meats, cheeses and fresh fruits & veggies. Low fat dressings are available.

Served with bread and milk

Villa Toscana Pizza:

Daily: Plain, Pepperoni Sausage & White.

Weekly Specialty Pizza.

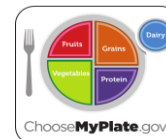
Served w/ Choice of Fruit, Veg & Milk

J.Clarkes Grille:

Regular or Spicy Chicken Patty Burger or Cheeseburger Served w/ Choice of Fruit, Veg & Milk

Grab & Go:

A variety of Hoagies & Wraps are available daily. Served w/ Choice of Fruit, Veg & Milk



www.schoolcafe.com
online payments
& interactive menus

This institution is an equal opportunity provider

*Menu subject to change

Monday 9/30/19	Tuesday 10/1/19	Wednesday 10/2/19	Thursday 10/3/19	Fry-Day 10/4/19
Pasta with Meatballs Garlic Breadstick or Chicken Nuggets Dinner Roll J. Clarkes Grille Chicken Patty on a Bun Villa Toscana BBQ Chicken Pizza	Chicken Fajita Brown Rice or Corn Dog Nuggets Dinner Roll J. Clarkes Grille Burger or Cheese Burger Villa Toscana Cheesesteak Pizza	Popcorn Chicken Bowl Dinner Roll Mashed Potatoes, Corn, Gravy & Cheddar Cheese or J. Clarkes Grille Spicy Chicken Patty on a Bun Villa Toscana Pickle Pizza	Baked Beef & Sausage Penne Garlic Breadstick or Meatball Hoagie or J. Clarkes Grille Burger or Cheese Burger Villa Toscana Buffalo Chicken Pizza	Loaded Taco Tater Puffs Choice of Meat Salsa, Sour Cream, Shredded Lettuce & Shredded Cheddar J. Clarkes Grille Chicken Patty on a Bun Villa Toscana Veggie Pizza
Glazed Carrots Choice of Fruit Choice of Milk	Mexicali Corn Choice of Fruit Choice of Milk	Mashed Potatoes & Corn Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Tater Puffs Choice of Fruit Choice of Milk
10/7/19	10/8/19	10/9/19	10/10/19	10/11/19
Bacon & Cheddar Smothered Pierogies or Regular or Spicy Chicken Tenders with Dinner Roll J. Clarkes Grille Chicken Patty on a Bun Villa Toscana BBQ Chicken Pizza	Hard or Soft Taco Bar Choice of Meat Salsa, Sour Cream, Shredded Lettuce & Shredded Cheddar J. Clarkes Grille Burger or Cheeseburger Villa Toscana Cheesesteak Pizza	Beef Lasagna Garlic Breadstick or Cowboy Burger on a Bun J. Clarkes Grille Spicy Chicken Patty on a Bun Villa Toscana Pickle Pizza	General Tso's Chicken Brown Rice or Max Sticks with Sauce J. Clarkes Grille Burger or Cheeseburger Villa Toscana Buffalo Chicken Pizza	BBQ Pork Jack'd Up Fries Dinner Roll or Pulled Pork BBQ on a Bun J. Clarkes Grille Chicken Patty on a Bun Villa Toscana Veggie Pizza
Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Ranchero Carrots Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
10/14/19	10/15/19	10/16/19	10/17/19	10/18/19
Mac & Cheese Bar Choice of Toppings w/ Roll or Popcorn Chicken Dinner Roll J. Clarkes Grille Chicken Patty on a Bun Villa Toscana BBQ Chicken Pizza	Buffalo Chicken Dip with Tortilla Chips or Chicken Cheesesteak Philly Cheesesteak J. Clarkes Grille Burger or Cheese Burger Villa Toscana Cheesesteak Pizza	No School	Spicy Asian Noodle Bowl choice of Beef or Chicken with Scallions and Crunchy Chow Mein Noodles J. Clarkes Grille Burger or Cheese Burger Villa Toscana Buffalo Chicken Pizza	Buffalo Chicken Jack'd Up Fries with a Dinner Roll or Grilled Chicken, BBQ, Bacon & Cheese Sandwich J. Clarkes Grille Chicken Patty on a Bun Villa Toscana Veggie Pizza
Stewed Tomatoes Choice of Fruit Choice of Milk	Crinkle Cut Fries Choice of Fruit Choice of Milk		Asian Stir-Fry Veggies Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
10/21/19	10/22/19	10/23/19	10/24/19	10/25/19
Cheese Stuffed Shells Garlic Breadstick or Chicken Nuggets Dinner Roll J. Clarkes Grille Chicken Patty on a Bun Villa Toscana BBQ Chicken Pizza	Steak Fajita Quesadilla or Chicken Parm Sandwich J. Clarkes Grille Burger or Cheese Burger Villa Toscana Cheesesteak Pizza	Honey Lemon Chicken Brown Rice or BBQ Cheddar Burger J. Clarkes Grille Spicy Chicken Patty on a Bun Villa Toscana Pickle Pizza	Pasta Bar Rotini with Meat Sauce or Chicken Alfredo Garlic Breadstick J. Clarkes Grille Burger or Cheese Burger Villa Toscana Buffalo Chicken Pizza	Cheesesteak Jack'd Up Fries with a Dinner Roll or Philly Cheesesteak J. Clarkes Grille Chicken Patty on a Bun Villa Toscana Veggie Pizza
Steamed Peas Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
10/28/19	10/29/19	10/30/19	10/31/19	
Grilled Cheese Tomato Soup or Regular or Spicy Chicken Tenders with Dinner Roll J. Clarkes Grille Chicken Patty on a Bun Villa Toscana BBQ Chicken Pizza	Nachos Grande Bar Choice of Meat or Taco Baked Potato Bar Choice of Meat J. Clarkes Grille Burger or Cheese Burger Villa Toscana Cheesesteak Pizza	Swedish Meatballs with Noodles or Pepperoni Roll with Sauce J. Clarkes Grille Spicy Chicken Patty on a Bun Villa Toscana Pickle Pizza	Early Dismissal French Toast Sticks Sausage Patty Syrup J. Clarkes Grille Burger or Cheese Burger Villa Toscana Buffalo Chicken Pizza	
Tomato Soup Choice of Fruit Choice of Milk	Broccoli & Cauliflower Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Potato Triangles Choice of Fruit Choice of Milk	

lakelehmanmetz.com

General Manager: Jodi McMillan

570-255-2799

ma1124@metzcorp.com

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