



# Lake-Lehman Elementary Lunch Menu

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/28/22</b> Cheesy Bread with Tomato Sauce	<b>3/29/22</b> Chicken Fajita with Brown Rice, Peppers & Onions, Salsa, Shredded Cheddar & Sour Cream	<b>3/30/22</b> Pasta with Meat Sauce, Garlic Breadstick & Parmesan Cheese	<b>3/31/22</b> Hot Ham & Cheese on a Pretzel Bun	<b>4/1/22</b> French Bread Pizza
Steamed Broccoli Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>4/4/22</b>	<b>4/5/22</b>	<b>4/6/22</b>	<b>4/7/22</b>	<b>4/8/22</b>
Hot Dog on a Bun or Hamburger on a Bun	BBQ Rib Sandwich	Macaroni and Cheese with a Dinner Roll	General Tso's Chicken with Brown Rice	Stuffed Crust Pizza
Curly Fries Choice of Fruit Choice of Milk	Roasted Cauliflower Choice of Fruit Choice of Milk	Stewed Tomatoes Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>4/11/22</b>	<b>4/12/22</b>	<b>4/13/22</b>	<b>4/14/22</b>	<b>4/15/22</b>
Ranch Breaded Chicken with a Dinner Roll	Nachos Grande with Cheese Sauce, Salsa, Sour Cream & Shredded Cheddar	Pasta with Meatballs, Garlic Breadstick & Parmesan Cheese	<u>No School</u>	<u>No School</u>
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk		
<b>4/18/22</b>	<b>4/19/22</b>	<b>4/20/22</b>	<b>4/21/22</b>	<b>4/22/22</b>
<u>No School</u>	Soft Shell Tacos Salsa, Shredded Cheddar & Sour Cream	Cheese Stuffed Shells with Garlic Breadstick & Parmesan Cheese	Grilled Cheese and Tomato Soup	Homemade Cheese or Pepperoni Pizza
	Ranchero Carrots Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	Tomato Soup Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>4/25/22</b>	<b>4/26/22</b>	<b>4/27/22</b>	<b>4/28/22</b>	<b>4/29/22</b>
Swedish Meatballs and Gravy with a Dinner Roll	Chicken & Cheese Quesadilla with Salsa & Sour Cream	Lasagna Roll-up with Garlic Breadstick	Breaded Chicken Patty (parmesan or plain)	French Bread Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Roasted Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Roasted Carrots Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk

### 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

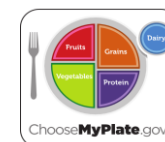
Whether students take 3, 4, or 5 of the components, the meal is the same price

This allows them to build a healthy meal by selecting 3 to 5 different food groups

**Step 1:** Choose 1/2 cup of fruit and/or vegetable



**Step 2:** Choose at least 2 other components and up to 3:



### Other Daily Entree Options May Include:

- Italian Hoagie
- Club Sandwich on Whole Wheat
- Ham & Cheese Hoagie
- Ham & Cheese on Whole Wheat
- 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

### Meal Prices

STUDENT MEALS ARE FREE  
Adult Meal \$3.50



MENU SUBJECT TO CHANGE DUE TO VENDOR AVAILABILITY



go to [www.lakelehmanmetz.com](http://www.lakelehmanmetz.com) for printable menus, what makes a meal, nutrition information and more

go to [www.schoolcafe.com](http://www.schoolcafe.com) for: online account payments, transactions details, menus & free and reduced applications (can be submitted any time during the school year)

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General Manager  
ma1124@metzcorp.com