

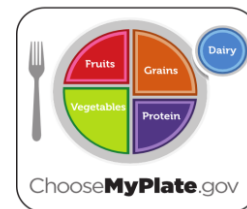
# Lake-Lehman Jr/Sr Lunch Menu

## April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/28/22</b> Meatball Hoagie or Chicken Parm Sandwich <b>J. Clarkes Grille</b> Chicken Patty on a Bun <b>Featured Veggie:</b> Glazed Carrots Choice of Fruit Choice of Milk	<b>3/29/22</b> Chicken Tenders Served with a Dinner Roll <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Green Bean Casserole Choice of Fruit Choice of Milk	<b>3/30/22</b> Pulled Pork with Gravy Served with a Dinner Roll or Pork BBQ Sandwich <b>J. Clarkes Grille</b> Spicy Chicken Patty on a Bun <b>Featured Veggie:</b> Mashed Potatoes Choice of Fruit Choice of Milk	<b>3/31/22</b> Pasta Bar Choice of Pasta Choice of Sauce Served with a Garlic Breadstick <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Steamed Peas Choice of Fruit Choice of Milk	<b>4/1/22</b> BBQ Pork Jack'd Up Fries <b>J. Clarkes Grille</b> Chicken Patty on a Bun <b>Featured Veggie:</b> French Fries Choice of Fruit Choice of Milk
<b>4/4/22</b> Ravioli Served with a Garlic Breadstick <b>J. Clarkes Grille</b> Hamburger or Cheeseburger Soft Pretzel with Cheese <b>Featured Veggie:</b> Green Beans Choice of Fruit Choice of Milk	<b>4/5/22</b> Taco Bar Choice of Protein Choice of Flour or Corn Tortillas Served with Salsa, Sour Cream & Shredded Cheddar <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Corn Choice of Fruit Choice of Milk	<b>4/6/22</b> Mashed Potato Bar: Bacon & Cheddar BBQ Chicken Broccoli Cheddar <b>J. Clarkes Grille</b> Spicy Chicken Patty <b>Featured Veggie:</b> Roasted Carrots Choice of Fruit Choice of Milk	<b>4/7/22</b> Hot Ham & Cheese Croissant or BBQ Rib Sandwich <b>J. Clarkes Grille</b> Hot Dog <b>Featured Veggie:</b> Roasted Cauliflower Choice of Fruit Choice of Milk	<b>4/8/22</b> <b>Villa Toscana Pizza</b> Choice of Pizza <b>J. Clarkes Grille</b> Chicken Patty on a Bun <b>Featured Veggie:</b> French Fries Choice of Fruit Choice of Milk
<b>4/11/22</b> General Tso's Chicken over Rice <b>J. Clarkes Grille</b> Chicken Patty on a Bun <b>Featured Veggie:</b> Steamed Broccoli Choice of Fruit Choice of Milk	<b>4/12/22</b> Quesadilla Bar Choice of Chicken & Cheese or Buffalo Chicken <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Ranch Refried Beans Choice of Fruit Choice of Milk	<b>4/13/22</b> French Toast Sticks Sausage Patty Syrup or Sausage, Egg & Cheese Sandwich <b>J. Clarkes Grille</b> Spicy Chicken Patty on a Bun <b>Featured Veggie:</b> Potato Triangles Choice of Fruit Choice of Milk	<b>4/14/22</b> <u>No School</u>	<b>4/15/22</b> <u>No School</u>
<b>4/18/22</b> <u>No School</u>	<b>4/19/22</b> Corn Dog Nuggets Served with a Dinner Roll or Chicken Nuggets Served with a Dinner Roll <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Green Bean Casserole Choice of Fruit Choice of Milk	<b>4/20/22</b> Macaroni & Cheese Bar: Buffalo Chicken Bacon & Cheddar BBQ Chicken <b>J. Clarkes Grille</b> Spicy Chicken Patty on a Bun <b>Featured Veggie:</b> Peas Choice of Fruit Choice of Milk	<b>4/21/22</b> Buffalo Chicken Hoagie or Chicken Bacon Ranch Sandwich <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Roasted Broccoli Choice of Fruit Choice of Milk	<b>4/22/22</b> <b>Villa Toscana Pizza</b> Choice of Pizza <b>J. Clarkes Grille</b> Chicken Patty on a Bun <b>Featured Veggie:</b> French Fries Choice of Fruit Choice of Milk
<b>4/25/22</b> BBQ Rib Sandwich or Sloppy Joe on a Bun <b>J. Clarkes Grille</b> Chicken Patty on a Bun <b>Featured Veggie:</b> Green Beans Choice of Fruit Choice of Milk	<b>4/26/22</b> Nachos Grande Choice of Protein Served with Cheese Sauce, Salsa, Sour Cream & Shredded Cheddar <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Roasted Corn Choice of Fruit Choice of Milk	<b>4/27/22</b> Chicken and Waffles with Gravy or Chicken Tenders Served with a Dinner Roll <b>J. Clarkes Grille</b> Spicy Chicken Patty on a Bun <b>Featured Veggie:</b> Mashed Potatoes Choice of Fruit Choice of Milk	<b>4/28/22</b> Grilled Cheese Bar Choice of Regular or Bacon <b>J. Clarkes Grille</b> Hamburger or Cheeseburger <b>Featured Veggie:</b> Tomato Soup Choice of Fruit Choice of Milk	<b>4/29/22</b> Buffalo Chicken Jack'd Up Fries <b>J. Clarkes Grille</b> Chicken Patty on a Bun <b>Featured Veggie:</b> French 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 a minimum of 3 different components. One of those components must be a fruit and/or vegetable



Whether students take 3, 4 or 5 of the components, the meal will be the same price. This allows students to build a healthy meal by selecting 3 to 5 different food groups.

### Meal Prices

STUDENT MEALS ARE FREE  
 Adult Price \$3.50

## VILLA TOSCANA

Pizza Options May Include:

- Plain
- Pepperoni
- Sausage
- Buffalo Chicken
- White
- Specialty

All options served with choice of fruit, vegetable and milk



fresh • made • goodness • to • go

A variety of grab & go sandwiches and salads made fresh daily.

Low fat dressing available. Served with fruit & milk



**Monday:** Chicken Patty

**Tuesday:** Hamburger or Cheeseburger

**Wednesday:** Spicy Chicken Patty

**Thursday:** Hamburger or Cheeseburger

**Friday:** Chicken Patty

**General Manager:**

570-255-2799

ma1124@metzcorp.com

This institution is an equal opportunity provider

\*Menu subject to change



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



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