



# Lake-Lehman Elementary Lunch Menu

## January 2024

Monday 1/1/24	Tuesday 1/2/24	Wednesday 1/3/24	Thursday 1/4/24	Friday 1/5/24
<b>No School</b>	Chicken Tenders with a Dinner Roll	Hamburger on a Bun or Cheeseburger on a Bun	Hot Ham and Cheese on a Croissant	French Bread Pizza
	Mashed Potatoes Choice of Fruit Choice of Milk	Ranchero Carrots Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>1/8/24</b>	<b>1/9/24</b>	<b>1/10/24</b>	<b>1/11/24</b>	<b>1/12/24</b>
Cheese Ravioli with Garlic Breadstick	Walking Taco with Beef	Chicken Parm Sandwich	Scratch-Made Macaroni & Cheese with a Dinner Roll	<b>Half Day</b> French Toast Sticks Sausage Patty Syrup
Green Beans Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Ranch Roasted Cauliflower Choice of Fruit Choice of Milk	Stewed Tomatoes Choice of Fruit Choice of Milk	Potato Triangles Choice of Fruit Choice of Milk
<b>1/15/24</b>	<b>1/16/24</b>	<b>1/17/24</b>	<b>1/18/24</b>	<b>1/19/24</b>
<b>No School</b>	Nachos Grande with Cheese Sauce, Salsa, Sour Cream & Shredded Cheddar	Pierogies with Butter and Onion served with a Dinner Roll	Sloppy Joe on a Bun	Home-Made Cheese or Pepperoni Pizza
	Corn Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>1/22/24</b>	<b>1/23/24</b>	<b>1/24/24</b>	<b>1/25/24</b>	<b>1/26/24</b>
Pork BBQ Rib Sandwich	Soft Shell Tacos Salsa, Shredded Cheddar & Sour Cream or Fish Tacos	Grilled Cheese Sandwich	General Tso's Chicken with Brown Rice	Stuffed Crust Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Tomato Soup Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>1/29/24</b>	<b>1/30/24</b>	<b>1/31/24</b>	<b>2/1/24</b>	<b>2/2/24</b>
Corn Dog Nuggets with a Dinner Roll	Hard Shell Tacos Salsa, Shredded Cheddar & Sour Cream	Popcorn Chicken Bowl Mashed Potatoes, Corn Gravy and Cheddar Cheese served with a Dinner Roll	Hot Dog on a Bun	French Bread Pizza
Glazed Carrots Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Mixed Veggies 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

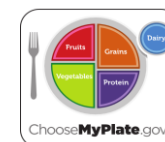
Whether students take 3, 4, or 5 of the components, the meal is the same price

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 Meal \$2.15  
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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