

MEAL PRICES:

Full \$2.50
 Reduced .00
 Milk .75

Make your check payable to the Lakeland School Lunch Fund

A Happy New Year!

Lakeland Central School District

SECONDARY MENU JANUARY 2018



Jo-Anne Ricapito
Food Service Manager

245-1700
Ext. 39046

Food Allergies: If you have a food allergy, please speak to the kitchen manager, cook, cashier, or server about it

Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5
NEW YEAR'S DAY SCHOOLS CLOSED	Hamburger or Cheeseburger on a bun French Fried Potatoes Baked Beans OR: Chicken Fillet (regular or hot & spicy) on a bun	Baked Macaroni & Cheese Glazed Carrots Steamed Broccoli OR: BBQ Rib Patty Wedge	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks French Fried Potatoes Green Beans	Penne Pasta w/grilled chicken in a garlic & oil sauce OR: Penne Pasta in a marinara sauce w/meatballs (optional) Garlic Bread Sweet Peas Tossed Garden Salad
8	9	10	11	12
Asian Day Assorted Stir Fry Chicken Vegetable Fried Rice Oriental Vegetables Vegetable Egg Roll	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Black Beans Shredded lettuce, cheese, Pico de Gallo, sour cream, guacamole OR: Chicken & Cheese Quesadilla	Baked Macaroni & Cheese Glazed Carrots Steamed Broccoli OR: BBQ Rib Patty Wedge	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks French Fried Potatoes Green Beans	Chicken Parmesan Sandwich Tossed Garden Salad Steamed Corn OR: Loaded Nacho Platter (seasoned ground beef)
15	16	17	18	19
DR. MARTIN LUTHER KING, JR. DAY SCHOOLS CLOSED	Hamburger or Cheeseburger on a bun French Fried Potatoes Baked Beans OR: Chicken Fillet (regular or hot & spicy) on a bun	Baked Macaroni & Cheese Glazed Carrots Steamed Broccoli OR: BBQ Rib Patty Wedge	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks French Fried Potatoes Green Beans	Penne Pasta w/grilled chicken in a garlic & oil sauce OR: Penne Pasta in a marinara sauce w/meatballs (optional) Garlic Bread Sweet Peas Tossed Garden Salad
22	23	24	25	26
Asian Day Assorted Stir Fry Chicken Vegetable Fried Rice Oriental Vegetables Vegetable Egg Roll	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Black Beans Shredded lettuce, cheese, Pico de Gallo, sour cream, guacamole OR: Chicken & Cheese Quesadilla	Baked Macaroni & Cheese Glazed Carrots Steamed Broccoli OR: BBQ Rib Patty Wedge	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks French Fried Potatoes Green Beans	Chicken Parmesan Sandwich Tossed Garden Salad Steamed Corn OR: Loaded Nacho Platter (seasoned ground beef)
29	30	31	Available Daily:	
Asian Day Assorted Stir Fry Chicken Vegetable Fried Rice Oriental Vegetables	Hamburger or Cheeseburger on a bun French Fried Potatoes Baked Beans OR: Chicken Fillet (regular or hot	Baked Macaroni & Cheese Glazed Carrots Steamed Broccoli OR: BBQ Rib Patty Wedge	Assorted Deli Sandwiches & Salad Plates Assorted Fresh Made Pizza Fresh & Canned Fruit Selections Carrot Sticks Assorted Milk, Juice, & Bread Selections	