

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 2019**



**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
AVAILABLE DAILY: Assorted Deli Sandwiches & Salad Plates Assorted Hand Stretched Pizza Yogurt Parfaits Fresh & Canned Fruit Carrot Sticks Assorted Milk, Juice, & Bread Choices		2	3	4
		Penne Pasta in a tomato cream sauce w/meatballs (optional) Garlic Bread Green Beans OR: Meatball Parmesan Wedge	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks French Fries Steamed Broccoli	Chicken Parmesan on a roll Fresh Vegetables w/dipping sauce Tossed Garden Salad OR: Macaroni & Cheese
7	8	9	10	11
Asian Day Assorted Asian Chicken Entrees Vegetable Fried Rice Oriental Vegetables Steamed Broccoli OR: Chicken Chunks	Hamburger/Cheeseburger on a bun French Fried Potatoes Baked Beans Three Bean Salad OR: Twin Frankfurters on a bun	Oven Roasted Turkey w/gravy (optional) Bread Stuffing Tender Golden Corn Fluffy Mashed Potatoes OR: Oven Baked Breaded Chicken	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks Fresh Roasted Potato Medley Steamed Broccoli	Penne Pasta in a tomato cream sauce w/meatballs (optional) Green Beans Tossed Garden Salad OR: Meatball Parmesan Wedge
14	15	16	17	18
Macaroni & Cheese Cucumber & Tomato Salad Steamed Broccoli OR: BBQ Boneless Rib Patty Wedge	Chicken Vegetable Noodle Soup Grilled Cheese Sandwich w/bacon (optional) Steamed Carrots OR: Chicken Supreme Sandwich	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Black Bean Salad Steamed Corn, lettuce, salsa, etc. OR: Nacho Platter	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks Fresh Roasted Potato Medley Steamed Broccoli	Chicken Parmesan on a roll Green Beans Tossed Garden Salad OR: Fresh Roasted Eye Round w/melted cheese & peppers & onions
21	22	23	24	25
DR. MARTIN LUTHER KING, JR. DAY SCHOOLS CLOSED	Hamburger/Cheeseburger on a bun French Fried Potatoes Baked Beans OR: Twin Frankfurters on a bun	Oven Roasted Turkey w/gravy (optional) Bread Stuffing Tender Golden Corn Fluffy Mashed Potatoes OR: Oven Baked Breaded Chicken	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks Fresh Roasted Potato Medley Steamed Broccoli	Penne Pasta in a tomato cream sauce w/meatballs (optional) Green Beans Tossed Garden Salad OR: Meatball Parmesan Wedge
28	29	30	31	
Asian Day Assorted Asian Chicken Entrees Vegetable LoMein Oriental Vegetables Steamed Broccoli OR: Chicken Chunks	Chicken Vegetable Noodle Soup Grilled Cheese Sandwich w/bacon (optional) Steamed Carrots OR: Chicken Supreme Sandwich	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Black Bean Salad Steamed Corn, lettuce, salsa, etc. OR: Nacho Platter	"Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks Fresh Roasted Potato Medley Steamed Broccoli	