

AVAILABLE DAILY:

Full Service Salad/Deli Bar
 Assorted Pizza Selections
 Yogurt Parfaits
 Assorted Fruits, Bread, Milk,
 & Juice
 Carrot Sticks
 Vegetable Salad DuJour



Lakeland Central School District

High School Lunch Menu September 2019



**Jo-Anne
 Ricapito
 Food
 Service
 Director**

**245-1700
 Ext. 39046**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day Schools Closed	“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks w/asst. dipping sauces French Fried Potatoes Green Beans	Asian Day Assorted Asian Chicken Entrees Vegetable Fried Rice Steamed Broccoli	Baked Macaroni & Cheese Glazed Carrots Tossed Garden Salad	Hamburger/Cheeseburger on a bun French Fried Potatoes Baked Beans Tender Sweet Corn OR: “Pig in a Blanket” – Frankfurter wrapped in dough
9	10	11	12	13
“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks w/asst. dipping sauces French Fried Potatoes Steamed Broccoli	Penne Pasta in a tomato cream sauce w/meatballs (optional) Green Beans Tossed Garden Salad OR: Meatball Parmesan Wedge	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Taco Fiesta Beans, lettuce, salsa, guacamole, etc. OR: Beef Gyro w/shredded lettuce, tomato	Baked Macaroni & Cheese Glazed Carrots Sautéed Fresh Vegetables	Baked Potato Bar Jumbo Baked Potato (white or sweet) w/choice of: cheese, chili, broccoli, bacon, butter, sour cream, etc. OR: Nacho Platter
16	17	18	19	20
“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks w/asst. dipping sauces French Fried Potatoes Steamed Broccoli	Baked Zit in a marinara sauce w/meatballs (optional) Green Beans Tossed Garden Salad OR: Meatball Parmesan Wedge	Asian Day Assorted Asian Chicken Entrees Vegetable Fried Rice Mixed Oriental Vegetables Glazed Carrots	Baked Macaroni & Cheese Glazed Carrots Sautéed Fresh Vegetables	Hamburger/Cheeseburger on a bun French Fried Potatoes Baked Beans Tender Sweet Corn OR: “Pig in a Blanket” – Frankfurter wrapped in dough
23	24	25	26	27
“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks w/asst. dipping sauces French Fried Potatoes Steamed Broccoli	Penne Pasta in a tomato cream sauce w/meatballs (optional) Green Beans Tossed Garden Salad OR: Meatball Parmesan Wedge	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Taco Fiesta Beans, lettuce, salsa, guacamole, etc. OR: Chicken & Cheese Quesadilla	Baked Macaroni & Cheese Glazed Carrots Sautéed Fresh Vegetables	“NEW” – Salisbury Steak w/brown gravy (optional) Mashed Potatoes Tender Sweet Corn OR: Chicken Supreme Sandwich
30	<u>Alternative Meals</u> – Grab & Go Monday – BBQ Rib Patty Wedge Tuesday – Chicken Bites Wednesday – Stromboli Thursday – Chicken Tenders Friday - Stromboli		Food Allergies: If you have a food allergy, please speak to the manager, cook, cashier, or server about it	
Rosh Hashanah Schools Closed				

The Lakeland Central School District is an equal opportunity employer