

AVAILABLE DAILY:

Assorted Salad Plates
 Assorted Deli Sandwiches
 Assorted Pizza Selections
 Yogurt Parfaits
 Assorted Fruits, Bread, Milk,
 & Juice
 Carrot Sticks



Lakeland Central School District

Middle 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 OR: Breaded Chicken Bites	Baked Macaroni & Cheese Glazed Carrots Tossed Garden Salad OR: BBQ Rib Patty Wedge	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 OR: BBQ Rib Patty Wedge	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 Steamed Broccoli OR: Breaded Chicken Bites	Baked Macaroni & Cheese Glazed Carrots Sautéed Fresh Vegetables OR: BBQ Rib Patty Wedge	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 OR: BBQ Rib Patty Wedge	“NEW” – Salisbury Steak w/brown gravy (optional) Mashed Potatoes Tender Sweet Corn OR: Chicken Supreme Sandwich
30	WELCOME BACK!			
Rosh Hashanah Schools Closed	Earn while your children learn. Lakeland’s Food Service Department is seeking people to work in various kitchens throughout the district. We offer a convenient work schedule and a competitive salary. Email Janet Hernandez at jthernandez@lakelandschools.org to set up an interview.		Food Allergies: If you have a food allergy, please speak to the manager, cook, cashier, or server about it	

The Lakeland Central School District is an equal opportunity employer