

Monday 1/2/23	Tuesday 1/3/23	Wednesday 1/4/23	Thursday 1/5/23	Friday 1/6/23
No School	Walking Taco with Beef	Asian Sesame Chicken over Brown Rice	Corn Dog Nuggets	Stuffed Crust Pizza
	Corn Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Glazed Carrots Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
1/9/23	1/10/23	1/11/23	1/12/23	1/13/23
Ranch Breaded Chicken with a Dinner Roll	Nachos Grande with Cheese Sauce, Salsa, Sour Cream & Shredded Cheddar	Scratch-Made Macaroni & Cheese with a Dinner Roll	Chicken Cheesesteak Hoagie	Half Day French Toast Sticks Sausage Patty Syrup
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Stewed Tomatoes Choice of Fruit Choice of Milk	Ranchero Carrots Choice of Fruit Choice of Milk	Potato Triangles Choice of Fruit Choice of Milk
1/16/23	1/17/23	1/18/23	1/19/23	1/20/23
No School	Hard Shell Tacos Salsa, Shredded Cheddar & Sour Cream or Fish Tacos	Chicken Parmesan Sandwich	Pierogies with Butter and Onion served with a Dinner Roll	Home-Made Cheese or Pepperoni Pizza
	Corn Choice of Fruit Choice of Milk	Roasted BBQ Cauliflower Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
1/23/23	1/24/23	1/25/23	1/26/23	1/27/23
Meatball Hoagie	Hamburger on a Bun or Cheeseburger on a Bun	Chicken and Waffles with Gravy	BBQ Rib Sandwich	French Bread Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Baked Beans Choice of Fruit Choice of Milk	Tator Tots Choice of Fruit Choice of Milk	Roasted Ranch Cauliflower Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
1/30/23	1/31/23	2/1/23	2/2/23	2/3/23
General Tso's Chicken over Brown Rice	Grilled Cheese Sandwich	Sloppy Joe on a Bun	Popcorn Chicken Bowl Mashed Potatoes, Corn Gravy and Cheddar Cheese served with a Dinner Roll	Stuffed Crust Pizza
Steamed Broccoli Choice of Fruit Choice of Milk	Tomato Soup Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Curly 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 for printable menus, what makes a meal, nutrition information and more

go to 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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