



Lake-Lehman Elementary Lunch Menu June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
5/30/22 No School	5/31/22	6/1/22	6/2/22	6/3/22
	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk
6/6/22	6/7/22	6/8/22	6/9/22	6/10/22
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	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 MEALS ARE FREE
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)

USDA is an equal opportunity provider and employer

General Manager
ma1124@metzcorp.com