

Monday	Tuesday	Wednesday	Thursday	Friday
9/5/22 Labor Day No School	9/6/22 Meatballs & Gravy with a Dinner Roll	9/7/22 Hot Dog on a Bun	9/8/22 Breaded Chicken Patty (parmesan or plain)	9/9/22 Home-Made Cheese or Pepperoni Pizza
	Mashed Potatoes Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Ranchero Carrots Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
9/12/22	9/13/22	9/14/22	9/15/22	9/16/22
Chicken Tenders with a Dinner Roll	Hard Shell Tacos Salsa, Shredded Cheddar & Sour Cream or Fish Tacos	Meat or Cheese Ravioli with Garlic Toast	Corn Dog Nuggets with a Dinner Roll	Stuffed Crust Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	Glazed Carrots Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
9/19/22	9/20/22	9/21/22	9/22/22	9/23/22
Chicken Nuggets with a Dinner Roll	Pork BBQ Rib Sandwich	Chicken Fajita with Brown Rice Peppers & Onions, Salsa, Shredded Cheddar & Sour Cream	Cheesy Bread with Tomato Sauce	Stuffed Crust Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Roasted Broccoli Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
9/26/22	9/27/22	9/28/22	9/29/22	9/30/22
Pierogies with Butter and Onion served with a Dinner Roll	Hamburger on a Bun or Cheeseburger on a Bun	Lasagna Roll-Up with Garlic Breadstick	General Tso's Chicken with Brown Rice or Popcorn Chicken	Home-Made Pizza Bagel
Steamed Peas Choice of Fruit Choice of Milk	Baked Beans Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
10/3/22	10/4/22	10/5/22	10/6/22	10/7/22
Philly Cheesesteak Hoagie	Nachos Grande with Cheese Sauce, Salsa, Sour Cream & Shredded Cheddar	BBQ Pulled Pork Sandwich	Scratch-Made Macaroni & Cheese with a Dinner Roll	French Bread Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Potatoes Au Gratin Choice of Fruit Choice of Milk	Stewed Tomatoes Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk

MENU SUBJECT TO CHANGE DUE TO VENDOR AVAILABILITY

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

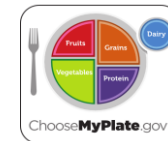
Whether students take 3, 4, or 5 of the components, the meal is the same price

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 \$2.15
Adult Meal \$3.50



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online account payments, transactions details,
menus & free and reduced applications (can be
submitted any time during the school year)

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go to www.lakelehmanmetz.com for
printable menus, what makes a meal, nutrition
information and more

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