

Lackawanna Trail High School

April 2019 Lunch Menu



Food Service Director: Barb Cwikla
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The Grille

- Hot Dog on a Bun
- Cheeseburger on a Bun
- Breaded Chicken Sandwich
- Buffalo Chicken Hoagie
- Meatball Hoagie

*Two Choices offered daily

The Garden

- Chef Salad
- Buffalo Breaded Chicken Salad
- Popcorn Chicken Salad
- Chicken Bacon Ranch Salad
- Salad with Tuna

*Selections may vary

The Pizzeria

- Hot Buffalo Chicken Pizza
- Pepperoni Pizza
- Mozzarella Cheese Pizza
- Chicken Bacon Ranch Pizza
- Sausage Pizza

*Selections may vary

*** GOURMET ITEM ***

Tasty BITES

SPRING TIME

Sandwich Cookie

THIS MONTH'S FEATURE

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mac n' Grilled Cheese Sandwich Shoestring Fries Strawberries FF or Low Fat Milk	2 National PB&J Day Breaded Chicken Patty Sandwich with Dipping Station Fresh Zucchini Sliced Peaches FF or Low Fat Milk	3 Ham & Cheese Melt Carrot Coins Diced Pears FF or Low Fat Milk	4 BBQ Pork Flat Bread Tender Broccoli Mixed Fruit FF or Low Fat Milk	5 Spicy Chicken Sandwich Mixed Vegetables Crunchy Apples FF or Low Fat Milk
8 Cheese Burger & Egg on a Bun Fresh Green Beans Cherry Applesauce FF or Low Fat Milk	9 Southwest Chicken Wrap Sweet Corn Diced Peaches FF or Low Fat Milk	10 Turkey Club Hoagie Baked Fries Juicy Orange FF or Low Fat Milk	11 Easter Dinner Oven Roasted Pork over Mashed Potatoes & Gravy Stuffing Carrot Coins Dinner Roll Fruited Jello FF or Low Fat Milk	12 Good Guys Day— Congrats! Max Cheese Sticks with Dipping Sauce Buttered Noodles Steamed Broccoli Fresh Pears FF or Low Fat Milk
15 Twin Hot Dogs on Buns Roasted Cabbage Sliced Peaches FF or Low Fat Milk	16 Chicken Smackers & Buttered Noodles Sweet Corn Strawberries FF or Low Fat Milk	17 Warm Sicilian Sandwich Mixed Vegetables Cranberries FF or Low Fat Milk	18 Sriracha Cheese Burger Waffle Cone Shoestring Fries Clementine Oranges FF or Low Fat Milk 	19 No School Spring Break
22 No School Spring Break	23 Breaded Chicken Rings Buttered Noodles Baked Fries Diced Peaches FF or Low Fat Milk	24 BBQ Pulled Pork Sandwich Fresh Green Beans Strawberry Applesauce FF or Low Fat Milk	25 Meatball Parmesan Hoagie Broccoli Diced Pears FF or Low Fat Milk	26 Buffalo Chicken Hoagie Sweet Peas Mixed Fruit FF or Low Fat Milk
29 BBQ Rib Sandwich Baked Fries Raspberry Applesauce FF or Low Fat Milk	30 Popcorn Chicken Mashed Potato Bowl With Bread Golden Corn Crisp Apples FF or Low Fat Milk		Pizza, Tuna Salad, & Egg Salad available on Fridays during Lent	 <p>Whole Grains Available Daily</p>
Boneless Wing Bar Plain, Buffalo, or BBQ with Dinner Roll	Pasta Bar Pasta with Meat Sauce Pasta with Meatballs Garlic Bread	Pizza Bar Assorted Hot Cheesy Pizzas	Asian Bar Chicken Teriyaki Noodle Bowl	Nacho Bar Taco Seasoned Beef, Nacho Chips, Salsa Rice, Cheddar Sauce, Lettuce

Grab & Go

- Italian Hoagie
 - Chicken Bacon Ranch Wrap
 - Tuna Salad Hoagie
 - Turkey, Bacon, Cheese Wrap
 - Egg Salad Hoagie
 - PB&J Sandwich
- *Selections may vary

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

- *Vegetable Bar includes:**
- Broccoli Florets
 - Baby Carrots
 - Dark Leafy Greens
 - Legume Salads
 - Celery & Cucumber
- *Fruits include:**
- Crisp Apple
 - Sliced Peaches
 - Mixed Fruit
 - Fresh Orange
 - Banana
 - Pineapple Tidbits
 - Diced Pears
 - Applesauce

Milk

Milk Choices Offered Daily:
 1% white, FF white, FF flavored

Proud to manage your food service program

Breakfast: FREE
Lunch Prices: Paid \$2.90 Reduced \$.40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE