

Lackawanna Trail Elementary School

June 2017 Lunch Menu

Food Service Director: Barb Cwikla
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain/Bread, and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings

*Fruits may include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate,
 Fat Free White and
 Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices	
			1 Sloppy Joe on a Bun Glazed Carrots Mixed Fruit Fat Free Milk	2 Italian Dunkers with Marinara Mixed Vegetables Cinnamon Applesauce Fat Free Milk	<p>Available Daily</p> <ul style="list-style-type: none"> •Crispy Chicken Salads •Chef Salads •Assorted Hoagies •Assorted Wraps •Peanut Butter & Jelly Sandwich •Yogurt with Belly Bears 	
5 Pork BBQ Sandwich Seasoned Green Beans Apple Slices Fat Free Milk	6 Breaded Chicken Nuggets with Dipping Sauce Steamed Broccoli Diced Peaches Fat Free Milk	7 Pasta with Meatballs and Sliced Bread Carrot Coins Applesauce Fat Free Milk	8 Soft Beef Tacos with Salsa Brown Rice Golden Corn Diced Pears Fat Free Milk	9 Pizza or Pepperoni Pizza Mixed Vegetables Mixed Fruit Fat Free Milk		
<div style="border: 2px solid black; padding: 10px; background-color: #e0e0e0;"> <h2>HAVE A GREAT SUMMER!!</h2> </div>						<p><i>Free Breakfast for All Students K-6</i></p> <p>~~~~~</p>
				 <p>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</p>		
Monday Meatball Hoagie	Tuesday Tuna Salad Wrap	Wednesday Cheese Burger on a Bun	Thursday BBQ Rib Sandwich	Friday Lunch Munchable	<p>Lunch Prices: Paid \$2.55 Reduced \$.40</p>	