

Lackawanna Trail Elementary School November 2021 Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
1 Max Sticks with Dipping Sauce Golden Corn Crunchy Apple Low Fat Milk	2 Spaghetti in Meat Sauce with Sliced Bread Tender Broccoli Mixed Fruit Low Fat Milk	3 <u>National Sandwich Day</u> Grilled Ham & Cheese Sandwich on Sliced Bread Smiley Potatoes Diced Pears Low Fat Milk	4 Chicken Patty Sandwich Seasoned Green Beans Sliced Peaches Low Fat Milk	5 Cheese Pizza or Pepperoni Pizza Sweet Peas Raisins Low Fat Milk	<p><u>Available Daily</u></p> <ul style="list-style-type: none"> •Garden Salads with Chicken & Sliced Bread •Chef Salads with Sliced Bread •Assorted Hoagies •Assorted Wraps •Peanut Butter & Jelly Sandwich •Yogurt with Belly Bears •Fruit & Yogurt Parfaits with Belly Bears <p><i>Selections may vary</i></p>
8 Grilled Cheese Sandwich Mixed Vegetables Diced Peaches Low Fat Milk	9 Thanksgiving Dinner Oven Roasted Jennie-O Turkey with Gravy Mashed Potatoes Golden Corn Stuffing Apple Crisp Low Fat Milk 	10 Walking Taco w/Lettuce, Salsa, Cheddar, Rice Broccoli Salad Applesauce Low Fat Milk 	11 <u>Veteran's Day</u> Cheese Pizza or Pepperoni Pizza Carrot Coins Diced Pears Low Fat Milk 	12 No School Act 80 Day	
15 Meatball Parmesan Hoagie with Mozzarella Steamed Green Beans Applesauce Low Fat Milk	16 French Toast Sticks with Syrup Scrambled Eggs Tater Tots Crisp Apple Low Fat Milk	17 Cheese Pizza or Pepperoni Pizza Carrot Coins Sliced Peaches Low Fat Milk	18 <u>Mickey Mouse's Bday</u> Hot Diggity Dog Plu-ta-to Tots Goofy's Mixed Up Fruit Low Fat Milk Chips n Dale 	19 No School Act 80 Day	
22 Corn Dog Nuggets McCains Tater Tots Banana Low Fat Milk	23 Cheese Pizza or Pepperoni Pizza Sweet Peas Orange Smiles Low Fat Milk	24 Early Dismissal <i>Bagged Lunch will be available</i> 	25 No School 	26 No School	
29 Rotini in Meat Sauce with Sliced Bread Tender Broccoli Assorted Apple Low Fat Milk	30 Beef Nachos & Shredded Cheese with Rice Sweet Corn Diced Pears Low Fat Milk		<p>What are YOU Thankful For?</p> 		
Monday Alternate Chicken Nuggets w/Dipping Sauce & Sliced Bread	Tuesday Alternate Tuna Salad Hoagie	Wednesday Alternate Cheese Burger on a Bun	Thursday Alternate BBQ Rib Sandwich	Friday Alternate Italian Hoagie	<p>Whole Grains Available Daily</p>



Broccoli Salad

Milk Choices Offered Daily
Fat Free Chocolate, Fat Free White and 1% White

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



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

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