



Serving Only  
Hormone Free Milk

# Lunch Menu

Due:

Please circle **EITHER** meal that is in **bold**

LAST NAME FIRST NAME GRADE TEACHER

letters on any given day.

# LUNCHES ORDERED : \_\_\_\_\_ X \$3.25 (Full) \$.40 (Reduced) = \_\_\_\_\_

Check # \_\_\_\_\_ Payschool conf # \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk Selections</b> Choice of 8oz Milk Offered Daily 1% Plain Fat Free Plain Fat Free Chocolate  <b>Fresh Fruit Selections</b> 1c of Fresh Fruit Offered Daily Apple Banana Pear Orange	29	30	31	1 <b>No School</b>
4 <b>No School</b>	5 <b>Breakfast for Lunch</b>	6 <b>Pizza Crunchers</b>	7 <b>Breaded Chicken Sandwich w/ Sauce of the Day</b> on Whole Grain Bun	8 <b>WG Calzones stuffed w/ Cheese &amp; Marinara</b>
	Tator Tots	Celery Sticks with Ranch	Broccoli	Orange Glazed Carrot
11 <b>Buffalo Chicken Cheesesteak</b> on Whole Grain Steak Roll	12 <b>Macaroni &amp; Cheese W/Crispy Chicken Sticks</b>	13 <b>Smokehouse Steak Sandwich</b> on WG Kaiser Roll	14 <b>Turkey Ham &amp; Cheese Pretzel Melt</b> w/ Mustard	15 <b>Chicken Nuggets w/ Dipping Sauce</b>
Roasted Sweet Potatoes	Broccoli	Creamy Cole Slaw	Garbanzo Bean Salad	Waffle Fries
18 <b>Sloppy Joe</b> on Whole Grain Bun	19 <b>Buffalo Cheese Crunchers</b> Fresh Fruit	20 <b>Super Beef Nacho Supreme</b> Tortilla Chips	21 <b>General Tso's Chicken</b> WG Asian Noodles	22 <b>Turkey Hot Dog</b> on Whole Grain Bun
Garlic Butter Green Beans	Roasted Baby Carrots	Chilled Black Bean & Corn Salad	Parmesan Broccoli	Grandma's Potato Salad
25 <b>Cheesesteak Sandwich</b> on Whole Grain Steak Roll	26 <b>BBQ Beef Riblet</b> on Whole Grain Bun	27 <b>WG Spaghetti w/ Meat Sauce</b>	28 <b>Oven Baked BBQ Chicken</b> Whole Grain Biscuit	29 <b>Turkey Burger</b> on Whole Grain Bun
Seasoned French Fry Sticks	Tri-Colored Baked Beans	Garden Salad	Old Bay Coleslaw	Sweet Potato Fries

This institution is an equal opportunity Provider

## Proper Portion Perception



**360 MORE Calories**

You can still indulge in your favorite foods. Choose the **Right Portions** for a healthy body!

**LINTONS**  
Food Service Management

www.lintons1.com

Halal & Kosher Menu options available upon request

**Be Smart Eat Smart**  
Keep the Balance with Portion Size

