

- AVAILABLE DAILY:**
 Assorted Deli Sandwiches
 Assorted Salad Plates
 Assorted Hand Stretched Pizza
 Yogurt Parfaits
 Fresh & Canned Fruit
 Carrot Sticks
 Assorted Breads



Lakeland Central School District

Secondary School Menu September 2017



LUNCH PRICE:

Full Price Paid	\$2.50
Free	\$.00
Reduced	\$.00

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Back!				
On Tuesday, September 5 th , the incoming 9 th graders will be served a snack. Lunch periods will follow a three hour delay schedule (shortened periods) for all students.			The Lakeland Central School District is an equal opportunity employer	Food Allergies: If you have a food allergy, please speak to the manager, cook, cashier, or server about it
4	5	6	7	8
LABOR DAY SCHOOLS CLOSED	Asian Day Assorted Stir Fry Chicken Seasoned Rice Steamed Broccoli Oriental Vegetables	Hamburger or Cheeseburger on a bun French Fried Potatoes Baked Beans OR: Chicken Fillet on a bun	“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks Potato Puffs Garden Vegetable	Baked Macaroni & Cheese Glazed Carrots Green Beans OR: BBQ Rib Patty Wedge
11	12	13	14	15
Asian Day Assorted Stir Fry Chicken Vegetable LoMein Steamed Broccoli Oriental Vegetables	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Three Bean Salad Steamed Corn Shredded lettuce, cheese, Pico de Gallo, sour cream, guacamole OR: Chicken & Cheese Quesadilla	Penne Pasta w/grilled chicken in a garlic & oil sauce OR: Penne Pasta in a marinara sauce w/meatballs (optional) Garlic Bread Grilled Vegetables Cucumber & Tomato Salad	“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks French Fried Potatoes Green Beans	Chicken Parmesan Sandwich Tossed Garden Salad Steamed Corn OR: Loaded Nacho Platter (seasoned ground beef, shredded cheese, diced tomato, sliced olives, etc.)
18	19	20	21	22
Asian Day Assorted Stir Fry Chicken Seasoned Rice Steamed Broccoli Oriental Vegetables	Hamburger or Cheeseburger on a bun French Fried Potatoes Baked Beans OR: Chicken Fillet on a bun	“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks Potato Puffs Green Beans	Rosh Hashanah Schools Closed	
25	26	27	28	29
Asian Day Assorted Stir Fry Chicken Vegetable LoMein Steamed Broccoli Oriental Vegetables	Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Three Bean Salad Steamed Corn Shredded lettuce, cheese, Pico de Gallo, sour cream, guacamole OR: Chicken & Cheese Quesadilla	Penne Pasta w/grilled chicken in a garlic & oil sauce OR: Penne Pasta in a marinara sauce w/meatballs (optional) Garlic Bread Grilled Vegetables Cucumber & Tomato Salad	“Chicken & Cheese Sticks” – Breaded Chicken Tenders & Breaded Cheese Sticks French Fried Potatoes Green Beans	Baked Macaroni & Cheese Glazed Carrots Steamed Broccoli OR: BBQ Rib Patty Wedge

