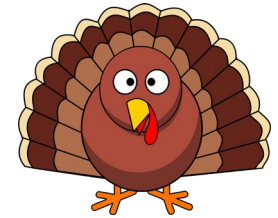





Lakeland Central School District

NOVEMBER 2018
SECONDARY SCHOOL MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| AVAILABLE DAILY: Assorted deli sandwiches and salad plates Assorted pizza selections Yogurt Parfaits Assorted fruits, breads, milk, and juice Carrot Sticks | | | 1 "Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks French Fries Green Beans | 2 Penne Pasta in a tomato cream sauce w/meatballs (optional) Sweet Peas Tossed Garden Salad OR: Meatball Parmesan Wedge |
| 5 Asian Day Choice of: General Tso, Teriyaki, or Tangerine Chicken Vegetable Lo Mein Oriental Vegetables Steamed Broccoli OR: Chicken Chunks | 6 ELECTION DAY SUPERINTENDENT'S CONFERENCE DAY SCHOOL CLOSED FOR STUDENTS | 7 Hamburger/Cheeseburger on a bun French Fried Potatoes Baked Beans Green Beans OR: Twin Frankfurters on a bun | 8 "Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks Fresh Roasted Potato Medley Tender Sweet Corn | 9 Chicken Parmesan on a roll Sweet Peas Tossed Garden Salad OR: BBQ Pulled Pork on a roll |
| 12 VETERANS DAY SCHOOLS CLOSED | 13 Macaroni & Cheese Steamed Carrot Coins Sautéed Spinach OR: BBQ Boneless Rib Patty Wedge | 14 PRE-THANKSGIVING CELEBRATION Roasted Turkey w/gravy (optional) Bread Stuffing Steamed Broccoli Mashed Potatoes OR: Breaded Chicken | 15 "Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks Fresh Roasted Potato Medley Tender Sweet Corn | 16 Penne Pasta in a tomato cream sauce w/meatballs (optional) Sweet Peas Tossed Garden Salad OR: Meatball Parmesan Wedge |
| 19 Asian Day Choice of: General Tso, Teriyaki, or Tangerine Chicken Vegetable Fried Rice Oriental Vegetables Steamed Broccoli OR: Chicken Chunks | 20 "Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks French Fries Steamed Broccoli |  THANKSGIVING RECESS – SCHOOLS CLOSED | | |
| 26 Asian Day Choice of: General Tso, Teriyaki, or Tangerine Chicken Vegetable Lo Mein Oriental Vegetables Steamed Broccoli OR: Chicken Chunks | 27 Beef Tacos(refried beans available) Choice of taco or tortilla shells Seasoned Rice Black Bean Salad Steamed Corn, lettuce, salsa, etc. OR: Nacho Platter | 28 Hamburger/Cheeseburger on a bun French Fried Potatoes Baked Beans Green Beans OR: Twin Frankfurters on a bun | 29 "Chicken & Cheese Sticks" – Breaded Chicken Tenders & Breaded Cheese Sticks Fresh Roasted Potato Medley Tender Sweet Corn | 30 Chicken Parmesan on a roll Sweet Peas Tossed Garden Salad OR: Macaroni & Cheese |
| Food Allergies: If you have a food allergy, please speak to the manager, cook, cashier, or server about it | | LUNCH PRICES: | | |
| The Lakeland Central School District is an equal opportunity employer | | Full Service Salad/Deli Bar \$3.50 (high schools only) Full Price \$2.50 Milk (1/2 pint) \$.75 Juice \$.50 | | |
| | | Make check payable to the Lakeland School Lunch Fund | | |