

LUMS/HS & GMTCC AUG./SEPT. 2017 LUNCH MENU

Lunch Price
Paid \$3.00
Adult \$3.75

Breakfast Price
Paid \$1.75
Adult \$2.50

Each Meal
Includes Choice
Of Entrée
Main Entrée
Vegetarian Entrée
Sandwich Entrée

Each Entrée
Comes With
Hot Vegetable
Veggie Bar
Starch or Roll
If Available
&
Canned or Fresh Fruit
Milk

Milk Choices
1% White Milk
Skim Milk
FF Chocolate Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28th Chicken Nuggets or Fish Sticks Sweet Potato Fries Vegetable Soup	29th Spaghetti with Marinara Sauce and Meatballs Garlic Bread Green Beans Mushroom Barley Soup	30th Pancakes w/eggs or Sausage Blueberry Compote Homefries Strawberry Soup	31st Hot Dogs or Mac & Cheese with Roll Mediterranean Lentil Salad Roasted Broccoli Herbed Meatball Soup	1st NO SCHOOL
4th NO SCHOOL LABOR DAY	5th Soft Shell Taco or Nachos Grande W/Brown rice South Western Corn Navy Bean Soup	6th BBQ Pulled Pork Sub or Veggie Alfredo Casserole w/roll Cole Slaw Broccoli w/Cheese Tex Mex Soup	7th Personal Pizza...Pepperoni or Cheese Caesar Salad Peas Duchess Soup	8th Hamburger, Cheeseburger, or Veggie Burger Potato Wedges Carrots Chef's Choice Soup
11th French Toast Sticks & Eggs or Ham Steak Homefried Potatoes Hot Apples and Cinnamon Blueberry Soup	12th Turkey and Ham Stromboli or Grilled Cheese sandwich Mexican Salad Swiss Chard Cream of Tomato	13th Chicken Pot Pie or Gardener's Pie Roasted Cauliflower Hot Apples and Cinnamon Herbed Meatball Soup	14th Chicken Noodle Bake or Cheesy Veggie Quiche Roasted Brussel Sprouts Aunt Mary's Soup	15th Italian Sausage w/onions and Peppers or Mac & Cheese French Fries Glazed Carrots Chef's Choice Soup
18th Golden Chicken Breast or Fish Sandwich Seasoned Fries Green Beans Chicken Noodle Soup	19th Meatlovers Pizza or Greek Flatbread Pizza Caesar Salad Peas Butternut Squash Soup	20th Spaghetti with Marinara Sauce and Meatballs Garlic Breadsticks Spinach & Strawberry Salad Roasted Cauliflower French onion Soup	21st Soft Shell Tacos or Nachos Garnde w/Brown Rice Southwestern Corn Cajun Chicken Soup	22nd Hamburger, Cheeseburger, or Veggie Burger French Fries Broccoli & Cheese Chef's Choice Soup
25th Shepherd's Pie or Cheese Quesadilla Mexican Salad Steamed Carrots Chicken Lentil Soup	26th Meatball Sub or Cheese Omelet Potato rounds Swiss Chard Tex Mex Soup	27th Meat Lasagna or Vegetable Lasagna Garlic Bread Zucchini Slices Mushroom Barley Soup	28th Macaroni and Cheese or Macaroni and Trees Roll Beets Corn Chowder	29th Sweet n Sour Chicken or Veggie Egg roll Fried Rice Spinach Chef's Choice Soup

Offered Daily

Pre Made Sandwiched, Wraps & Subs - Ham, Turkey, Roast Beef & Tuna with Am Cheese or Provolone & Lettuce, Onion, Tomato & Pickles.
Served on Assorted Wrap, Breads or Whole Wheat Roll.

Self Serve Salad Bar - Mix of Greens, Tomato, Carrots, Cucumber, Onions, Broccoli, Cauliflower, Sprouts, Garbanzo Beans,