

SEPTEMBER 2019

LAKESIDE JR/SR LUNCH MENU

High school students will have
Different and/or extra meal items
Daily to provide for different calorie
And sodium limits.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>NO SCHOOL LABOR DAY</p>	<p>3</p> <p>CORN DOG ROMAINE SALAD W/RANCH CHERRY TOMATOES FRUIT CHOICES CHOICE OF MILK</p>	<p>4</p> <p>DELI SANDWICH W/VEGGIE TOPPINGS BABY CARROTS FRUIT CHOICES CHOICE OF MILK</p>	<p>5</p> <p>BBQ Sandwich Baked pinto beans Coleslaw Fruit choices Choice of milk</p>	<p>6</p> <p>CHILI W/CHEESE BOWL MAPLE BAR SEASONED CORN FRUIT CHOICES CHOICE OF MILK</p>
<p>9</p> <p>Cheeseburger W/Veggie Toppings Broccoli cup Fruit choices Choice of milk</p>	<p>10</p> <p>PIZZA STICK SALAD MIX W/RANCH STRING CHEESE BABY CARROTS FRUIT CHOICES CHOICE OF MILK</p>	<p>11</p> <p>BEAN & CHEESE BURRITO SEASONED CORN CHICKPEAS PACK ZESTY SALSA FRUIT CHOICES CHOICE OF MILK</p>	<p>12</p> <p>CHICKEN NUGGETS MASHED POTATOES DINNER ROLL CHOICE OF FRUIT CHOICE OF MILK</p>	<p>13</p> <p>PB&J SANDWICHES CHIPS FRESH FRUIT CHOICES VEGGIE CRISP CUPS CHOICE OF MILK EARLY RELEASE DAY</p>
<p>16</p> <p>CHICKEN SANDWICH VEGGIE TOPPINGS BAKED PINTO BEANS FRUIT CHOICES CHOICE OF MILK</p>	<p>17</p> <p>ORIENTAL CHICKEN SEASONED RICE STEAMED BROCCOLI FRUIT CHOICES CHOICE OF MILK</p>	<p>18</p> <p>SPAGHETTI W/MEATSAUCE GARLIC TOAST GREEN BEANS FRUIT CHOICES CHOICE OF MILK</p>	<p>19</p> <p>CHICKEN STRIPS TATER TOTS CRISP VEGGIE CUP FRUIT CHOICES SLICED BREAD CHOICE OF MILK</p>	<p>20</p> <p>PIZZA SLICE ROMAINE SALAD W/RANCH CHERRY TOMATOES CUCUMBERS FRESH FRUIT CHOICES CHOICE OF MILK</p>
<p>23</p> <p>CHEESBURGER VEGGIE TOPPINGS SEASONED PINTO BEANS FRUIT CHOICES BBQ CHIPS CHOICE OF MILK</p>	<p>24</p> <p>SOFT TACOS VEGGIE TOPPINGS SALASA & SOURCREAM FRUIT CHOICES CHOICE OF MILK</p>	<p>25</p> <p>ROASTED CHICKEN MASHED POTATOES GARLIC TOAST FRUIT CHOICES CHOICE OF MILK</p>	<p>26</p> <p>CHEESY BREADSTICKS MARINARA SAUCE ROMAINE SALAD MIX/RANCH CUCUMBER SLICES FRUIT CHOICES CHOICE OF MILK</p>	<p>27</p> <p>PB&J SANDWICH DORITOS FRESH APPLE OR ORANGE VEGGIE CRISP CUPS CHOICE OF MILK EARLY RELEASE DAY</p>
<p>30</p> <p>SUB SANDWICH BAR CHIPS VEGGIE TOPPINGS FRUIT CHOICES CHOICE OF MILK</p>				

ALL ITEMS ARE SUBJECT TO CHANGE DUE TO DELIVERY, SEASONAL QUALITY AND STAFFING ISSUES.
LAKESIDE IS HAPPY TO OPERATE THE FRESH FRUIT AND VEGETABLE PROGRAM FOR STUDENTS K-6.

DOES YOUR CHILD HAVE AN ALLERGY OR DISABILITY? WE NEED TO KNOW PLEASE FILL OUT A MEDICAL STATEMENT FORM FROM OUR SCHOOL OFFICES.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER