



LAKE SHORE SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU October 2009

**LAKE SHORE
CENTRAL SCHOOL
DISTRICT
LUNCH MENU
6-12 \$1.10**
Pre-Pay Full or Reduced
Lunches Available Weekly,
Monthly or Yearly please
make checks payable to
Lakeshore CSD

Breakfast Menu Available on The Reverse Side. Please Consider Making
Breakfast at School a Part of Your Day

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Build A Healthy Lunch</u></p> <p>Choose an entrée Above the dotted line And two, three Or four items Below the dotted line</p> <p>Low fat milk Choices available</p>	<p><u>High School Daily Special</u></p> <p>Monday - Friday Hamburger or Cheeseburger on a Bun Monday - Wednesday - Friday Chicken Patty on a Bun Tuesday Spicy Chicken Finger Submarine Thursday Chicken Nuggets w/Multigrain Roll</p>	<p><u>Specialty Pizza Daily</u></p> <p>Monday Veggie Pizza Tuesday Buffalo Style Wednesday Pepperoni Thursday Taco Pizza Friday White Pizza</p> <p><u>Deli Bar Daily</u> Variety of Subs, Salads & Sandwiches</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">MAIN EVENT</p> <p>Tacos (Hard or Soft Shell)</p> <hr style="border-top: 1px dashed black;"/> <p>Brown Rice Green Beans Fresh Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">SUPERINTENDENT'S CONFERENCE DAY</p> <div style="text-align: center;">  </div> <p style="text-align: center;">HALF DAY OF SCHOOL K-12</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">MAIN EVENT</p> <p>Spaghetti w/ Meatballs</p> <hr style="border-top: 1px dashed black;"/> <p>Bread & Butter Green Beans Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">MAIN EVENT</p> <p>Sweet & Sour Chicken Rice Bowl</p> <hr style="border-top: 1px dashed black;"/> <p>Seasoned Rice Peas Fruit, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">MAIN EVENT</p> <p>Chicken Tender Taco</p> <hr style="border-top: 1px dashed black;"/> <p>Curly Noodles Mixed Vegetables Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">MAIN EVENT</p> <p>Mexican Burrito</p> <hr style="border-top: 1px dashed black;"/> <p>Brown Rice Corn Fruit, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">MAIN EVENT</p> <p>Grilled Cheese Sandwich</p> <hr style="border-top: 1px dashed black;"/> <p>Tomato Soup Elbow Mac Assorted Fruit</p> <p>Variety of Low Fat Milk</p>
<p style="text-align: center;">12</p> <p style="text-align: center;">No School Columbus Day</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">13</p> <p style="text-align: center;">MAIN EVENT</p> <p>Chicken & Cheese Quesadilla</p> <hr style="border-top: 1px dashed black;"/> <p>White Rice Carrots Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">MAIN EVENT</p> <p>Chicken Tender Wrap</p> <hr style="border-top: 1px dashed black;"/> <p>Pasta Salad Corn Fruit, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">MAIN EVENT</p> <p>Tacos (Hard or Soft Shell)</p> <hr style="border-top: 1px dashed black;"/> <p>Rice Pilaf Green Beans Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">MAIN EVENT</p> <p>Macaroni & Cheese</p> <hr style="border-top: 1px dashed black;"/> <p>Soft Pretzel Rod Peas Fruit, Variety</p> <p>Variety of Low Fat Milk</p>
<p style="text-align: center;">19</p> <p style="text-align: center;">MAIN EVENT</p> <p>Lazy Lasagna</p> <hr style="border-top: 1px dashed black;"/> <p>Garlic Bread Green Beans Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">MAIN EVENT</p> <p>Ham & Cheese Stromboli</p> <hr style="border-top: 1px dashed black;"/> <p>Pasta Salad Peas Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">MAIN EVENT</p> <p>Chicken Tender Taco</p> <hr style="border-top: 1px dashed black;"/> <p>Curly Noodles Carrots Fruit, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">MAIN EVENT</p> <p>Mexican Burrito</p> <hr style="border-top: 1px dashed black;"/> <p>Seasoned Rice Corn Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">MAIN EVENT</p> <p>Grilled Cheese Sandwich</p> <hr style="border-top: 1px dashed black;"/> <p>Tomato Soup Mixed Vegetables Fruit, Variety</p> <p>Variety of Low Fat Milk</p>
<p style="text-align: center;">26</p> <p style="text-align: center;">MAIN EVENT</p> <p>Goulash</p> <hr style="border-top: 1px dashed black;"/> <p>Bread & Butter Green Beans Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">MAIN EVENT</p> <p>Open Face Turkey Sandwich w/ Gravy</p> <hr style="border-top: 1px dashed black;"/> <p>Mashed Potatoes Corn Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">MAIN EVENT</p> <p>Chicken Tender Wrap</p> <hr style="border-top: 1px dashed black;"/> <p>Seasoned Pasta Mixed Vegetables Fruit, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">MAIN EVENT</p> <p>Taco (Hard or Soft Shell)</p> <hr style="border-top: 1px dashed black;"/> <p>Rice Pilaf Carrots Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">MAIN EVENT</p> <p>Chicken Fajita</p> <hr style="border-top: 1px dashed black;"/> <p>Curly Noodles Peas Chilled Fruit Variety of Low Fat Milk FRITO LAY CHIPS</p>

Personal Touch Food Service would like to thank you for allowing us to provide Lake Shore Central School District with your food service needs.
You may reach us at 926-2290 or 926-2291