






# LAKE SHORE SCHOOL DISTRICT MIDDLE 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><b>Build A Healthy Lunch</b></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 as a beverage</p>		<p style="text-align: center;">1</p> <p>Taco (Hard or Soft Shell) Pizza Submarines or PBJ Julienne Salad w/Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Brown Rice Carrots Chilled 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>Chicken Patty on a Bun Pizza Submarines or PBJ Chef Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Beef Noodle Soup Green Beans Fruit, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">6</p> <p>Pulled Pork on a Bun Pizza Submarines or PBJ Chef Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Garlic Noodles Coleslaw Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">7</p> <p>Hamburger or Cheeseburger Pizza Submarines or PBJ Chef Salad w/Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Tater Tots Carrots Fruit Cup, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">8</p> <p>Mexican Burrito Pizza Submarines or PBJ Chef Salad w/Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Seasoned Rice Corn Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">9</p> <p>Macaroni &amp; Cheese Pizza Submarines or PBJ Chef Salad w/Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Soft Pretzel Peas Assorted Fruit</p> <p>Variety of Low Fat Milk</p>
<p style="text-align: center;">12</p> <p style="text-align: center;">COLUMBUS DAY</p> <div style="text-align: center;">  </div> <p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">13</p> <p>Sloppy Joe on a Bun Pizza Submarines or PBJ Caesar Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Curley Macaroni Green Beans Fruit, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">14</p> <p>Hamburger or Cheeseburger Pizza Submarines or PBJ Caesar Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Pretzel Rod Chef Salad w/ Dressing Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">15</p> <p>Taco (Soft or Hard Shell) Pizza Submarines or PBJ Caesar Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Brown Rice Carrots Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">16</p> <p>Chicken Fajita Pizza Submarines or PBJ Caesar Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Seasoned Noodles Corn Fruit Cup, Variety</p> <p>Variety of Low Fat Milk</p>
<p style="text-align: center;">19</p> <p>Chicken Nuggets w/ Dip Pizza Submarines or PBJ Julienne Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Minestrone Soup Pasta Salad Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">20</p> <p>Meatball Submarine Pizza Submarines or PBJ Julienne Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Side of Spaghetti Garden Salad w/ Dressing Assorted Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">21</p> <p>Hamburger or Cheeseburger Pizza Submarines or PBJ Julienne Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Elbow Macaroni Mixed Vegetables Fruit Cup, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">22</p> <p>Mexican Burrito Pizza Submarines or PBJ Julienne Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Rice Pilaf Corn Applesauce</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">23</p> <p>Grilled Cheese Sandwich Pizza Submarines or PBJ Julienne Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Tomato Soup White Rice Chilled Fruit</p> <p>Variety of Low Fat Milk</p>
<p style="text-align: center;">26</p> <p>Chicken Tender Submarine Pizza Submarines or PBJ Chef Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Chicken Noodle Soup Green Beans Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">27</p> <p>Spaghetti &amp; Meatballs Pizza Submarines or PBJ Chef Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Bread &amp; Butter Chef Salad w/ Dressing Chilled Fruit</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">28</p> <p>Hamburger or Cheeseburger Pizza Submarines or PBJ Chef Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Curly Noodles Peas Fruit Cup, Variety</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">29</p> <p>Taco (Soft or Hard Shell) Pizza Submarines or PBJ Chef Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Brown Rice Carrots Applesauce</p> <p>Variety of Low Fat Milk</p>	<p style="text-align: center;">30</p> <p>Chicken Quesadilla Pizza Submarines or PBJ Chef Salad w/ Roll</p> <hr style="border-top: 1px dashed black;"/> <p>Seasoned Rotini Corn Fruit Cup, Variety Variety of Low Fat Milk <b>FRITO LAY CHIPS</b></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