

Menu for **LCMR & RMT Schools**

Menu Subject to Change

Every Meal Includes a choice of:
3 Fresh Fruits, Canned Fruits, or 100% Fruit Juices
Skim, 1% White Milk, Strawberry or Chocolate Milk

February

2010 (2/1-26)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Burger on a Bun Beef-Fish-Veggie Potato Wedges Pickle Chips Choice of Fruit	2 Philly Steak: Chicken or Beef Sautéed Onions Pickle Spear Cole Slaw Choice of Fruit	3 Stuffed Crust Pizza Bread Basket Choice of Vegetable Choice of Fruit	4 Hot Ham & Cheese on a Pretzel Bun or Kaiser Roll Waffle Potatoes Choice of Vegetables Choice of Fruit	5 Chicken Patty on Sesame Seed Bun Spicy or Mild Cole Slaw Choice of Vegetables Choice of Fruit
Ala Carte: Mozzarella Sticks \$2.25	Southern Spicy Chicken \$3.50	LA Gable Wraps \$3.50	Chicken Salad on a Kaiser \$3.00	Meatball Parm \$3.25
8 Hot Dog on a Bun Mashed Potatoes Baked Beans Sauerkraut Choice of Fruit	9 Caper Tacos Lettuce & Tomato Cup Salsa Corn Choice of Fruit	10 Chicken or Fish Nuggets with Dip Chicken Flavored Rice Bread Basket Choice of Vegetables Choice of Fruit	11 Pizza Dippers with Dip Choice of Vegetables Choice of Fruit Graham Crackers	12 President's Day Weekend
Chicken Tenders \$3.50	Personal Pan Pizza \$2.25	Hot Roast Beef on a Kaiser \$3.50	Chicken Caesar Salad \$3.25	
15 President's Day School Closed	16 Tyson Chicken Tenders Spicy or Mild Bread Basket Potato Wedges Choice of Vegetables Choice of Fruit	17 Philly Steak: Chicken or Beef Sautéed Onions Pickle Spear Cole Slaw Choice of Fruit	18 Caper Hoagie Potato Chips Choice of Vegetables Choice of Fruit	19 French Bread Pizza Bread Basket Choice of Vegetables Choice of Fruit
	Nachos w/Cheese Sauce \$2.00	Quesadilla \$2.25	Tacos on the Run \$3.50	Southern Spicy Chicken \$3.50
22 Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Choice of Vegetables Choice of Fruit	23 Caper Tacos Lettuce & Tomato Cup Salsa Corn Choice of Fruit	24 Pizzeria Pizza Bread Basket Choice of Vegetables Choice of Fruit	25 Good Ole Sheppard's Pie Dinner Roll Choice of Vegetables Choice of Fruit	26 The Key Club Loves Macaroni & Cheese Stewed Tomatoes Bread Basket Choice of Vegetables Choice of Fruit
Buffalo Chicken Salad \$3.50	Max Sticks \$2.25	Turkey Club \$3.50	Corn Dogs \$1.25	Stuffed Shells \$3.25

CHICKEN CAESAR AND VEGETARIAN CAESAR SALADS AVAILABLE DAILY

LUNCH PRICES

Student	\$2.25	02/01-02/05
Grab & Go	\$2.25	02/08-02/12
Milk 1%	\$.40	02/15-02/19
Choc. 1%	\$.40	02/22-02/26

SOUP, SALAD, AND SANDWICH OPTIONS

Bologna & Cheese or PBJ	Pepperoni&Cheese on Pret Bun
Assorted Cub Hoagies or PBJ	BBQ Pork on a Kaiser
Tuna Salad on a Bun or PBJ	Ham&Cheese on a Pretzel Bun
Turkey & Cheese or PBJ	Assorted Chicken Sandwiches

GRAB AND GO:

½ Sandwich
Snack Cake & Fruit
Fruit Juice
4oz Yogurt & Milk

****Students are now offered a choice of 3 vegetables each day, 1 hot vegetable and 2 raw vegetables****

Bread Basket Available Daily