

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

January-2011

2011 (1/3 – 1/28)

Monday	Tuesday	Wednesday	Thursday	Friday
1/3 Hot & Spicy Chicken sand Cole Slaw Choice of vegetables Choice of Fruit	04 Grilled Cheese Tomato soup Gold Fish <u>Polish ice water</u>	05 Hamburgers on Bun Seasoned Fries Pickle Chips Choice of Vegetable Choice of Fruit	06 Manwich on a Bun Potato Cole Slaw Choice veggies Polish Water Ice	07 Caper Hoagies Potato Chips Pickles Spears Choice of Veggies Choice of Fruit
Max Sticks \$2.25	Asst. Wraps 3.50\$	Corn Dogs 1.25\$	Chicken Salad	Personal Pizza
10 Chili Grande Italian Roll Veggies Stix W/Dip Choice of Fruit	11 Hot Dog on a Bun Mashed Pot Baked Beans <u>Polish water ice</u>	12 Spaghetti & Meatballs Bread Basket Choice of Vegetables Choice of Fruit	13 Pizza Dippers Bread Basket Choice vegetables Choice Fruit	14 Sheppard's Pie Bread Basket Choice of Veggies Choice of Fruit
Quesadilla 2.50\$	Taco on the Run 3.50\$	Soft Pretzel C&S \$1.25 Cheese\$1.50	Nacho & cheese 2.00\$	Chicken Caesar Salad \$3.25
17 <u>SCHOOL CLOSED</u>	18 Pizzeria Pizza Salad Choice of veggies Choice of Fruit	19 Chicken Patty on Bun Potato's Choice of Vegetables Choice of Fruit	20 Meatball sub on roll Homemade Macaroni salad Choice of veggies Choice of Fruit	21 Tyson Chicken Tenders Spicy or Mild Bread Basket Stuffing Choice of Vegetables Choice of Fruit
Nachos w/Cheese Sauce \$2.00	Max Sticks \$2.25	Assorted Wraps \$3.50	Buffalo Chicken Salad \$3.50	Southern Spicy Chicken \$3.50
24 Philly Cheese Steak :Beef Or Chicken Pickle Chips Choice of Veggies Warm Apples	25 Pulled Pork Sandwich Twister Fries Choice of Veggies <u>Polish water ice</u>	26 Chicken or Fish Nuggets Bread Basket Chicken Flavored Rice Choice of Veggies Choice of Fruit	27 Baked Potato Bar Choice of 2 Toppings Cheese, Broccoli, Taco Meat, ,Sour Cream & Bacon Bits Choice of Fruit	28 Hot Ham & Cheese on Pretzel Bun or Kaiser Roll Choice of Veggies Choice of Fruit
Corn Dogs \$1.25	Buffalo Chicken Salad \$3.50	Nacho & cheese\$2.00	Chicken Caesar Salad	Soft Pretzels

CHICKEN CAESAR AND VEGETARIAN CAESAR SALADS AVAILABLE DAILY

LUNCH PRICES

Student \$2.25
 Grab & Go \$2.25

SOUP, SALAD, AND SANDWICH OPTIONS

Sandwich of the Day!!!
Soup of the Day!!
 Polish Water Ice-I-T-H!!

Salad of the Day!!

GRAB AND GO

INCLUDES:
 ½ Sandwich
 Snack Cake & Fruit

Milk 1% \$.40
Choc. 1% \$.40

Fruit Juice
4oz Yogurt & Milk

****Look for the Feature lunch coming soon ****
Bread Basket Available Daily

LCMR BREAKFAST

Breakfast is provided every morning for your child in the cafeteria at no charge. Included in this meal are milk, 100% fruit juice, healthy choice cereal or breakfast treat and a bread basket. We hope your child participates in this program. Studies show that children who eat breakfast do better in schools.



PRE-PAYING BY CHECK

We recommend that you prepay by check. This speeds up the lunch line and also gives you a record of payment. Make checks payable to LCMR Foodservice.

LCMR PHONE NUMBER

884-3475

