

LCM Menu

Portion sizes meet all MSDE Health and Nutrition Guidelines. Substitutions maybe made when necessary. All lunches are served with milk.

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Cereal Bar made with Whole Grain and 100% Fruit served with Milk	Variety of Cereal choices made with Whole grains & Milk	Home Style Waffles with 10 vitamins & minerals served with Milk	Variety of Cereal choices made with Whole grains & Milk	Fruit Filled Pastry Tart a source of 7 daily vitamins & Milk
Lunch	Spaghetti with Organic Tomato Sauce, baked Turkey Meat Balls and fresh Apple Slices	Grilled American Cheese Sandwich on Whole Wheat Bread Yellow Corn and Fresh Banana	100% Alaska Pollock Breaded Fish Sticks, Steamed Broccoli, Whole Wheat bread & Apple Sauce	Creamy Macaroni and Cheese, French cut Green beans, Fresh Orange Slices	Slice of Mozzarella Cheese Pizza and tomato sauce, Cucumber slices & Fresh Apple slices
P.M. Snack	100% Whole Wheat Thins topped with a slice of American Cheese	Nilla Wafers made with Kosher Dairy served with Orange slices	No High Fructose syrup Fruit Yogurt & No Sugar Sea Salt Crackers	Crispy Corn Tortilla served with a Vegetable Rich Salsa	Ritz Crackers & Fresh Orange Slices

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Variety of Cereal choices made with Whole grains & Milk	Whole Wheat bread topped with Grape Jam served with Milk	Fruit Filled Pastry Tart a source of 7 daily vitamins & Milk	NO Fat Cereal with Whole Grain and Real Berries served with Milk	Cinnamon French Toast sticks served with Milk
Lunch	Tomato Soup with American Cheese Slice. Potato Tater Tots and Fruit Cocktail	Kosher Penne Rigate & Organic Tomato sauce with Fresh Mozzarella cheese topping and Ripe Bananas	Mediterranean Chicken Gyro on Low Fat Pita Bread served with Mixed Vegetables and Fresh Apple Slices	Grilled Chicken Strips served with steamed white rice along delicious corn and Fruit Cocktail	Slice of Mozzarella Cheese Pizza with a garden salad topped with Ranch dressing & Apple Slices
P.M. Snack	Low Fat Mozzarella String Cheese with Ripe Bananas	Fun Goldfish Crackers made with real cheese & Orange slices	Low Fat Sea Salt Crackers with Ripe Banana	Graham Crackers and Fresh Orange slices	Pretzel with Cream Cheese

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Cereal Bar made with Whole Grain and 100% Fruit served with Milk	Fruit Filled Pastry Tart a source of 7 daily vitamins & Milk	Home Style Waffles with 10 vitamins & minerals served with Milk	Variety of Cereal choices made with Whole grains & Milk	Whole Wheat Bread and Cream Cheese Milk
Lunch	Crispy White Meat Chicken Nuggets, and Broccoli Whole Grain Bread and Ripe Banana	Grilled American Cheese Sandwich on Whole Wheat Bread, Corn and Fresh Apple Sauce	No Preservatives 100%Beef Ravioli with Mixed vegetables, Whole Wheat Bread Fresh Ripe Banana	Oriental Chicken Noodles American Cheese Slice Green Beans Apple Slices	Fresh Oven Baked Cheese Pizza Baby Carrots Oranges
P.M. Snack	Gluten Free Veggie Straws, with 100% Apple Juice	Baked Snack Crackers made with 100% real cheese and Ripe Banana	Crunchy Baby Carrots and healthy Low-Fat Pretzels	Chex Mix and all natural Apple Juice	Crispy Corn Tortilla served with a vegetable rich Salsa

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Variety of Cereal choices made with Whole grains & Milk	Cinnamon French Toast Sticks served with Milk	Whole Wheat bread topped with Grape Jam served with Milk	NO Fat Cereal with Whole Grain and real berries served with Milk	Cereal Bar made with Whole Grain and 100% Fruit served with Milk
Lunch	Kosher Penne Rigate with Rich Alfredo Sauce and Broccoli. Served with Ripe Bananas	Low Fat Turkey Breast on Whole Wheat Bread served with Corn and Fruit Cocktail.	All Natural Breaded Chicken patty served on a bun with a garden salad and Fresh banana	Creamy Macaroni & Cheddar Cheese served with Green Beans and Fruit Cocktail	Fresh Oven Baked Cheese Pizza served with Fresh Salad with Ranch Dressing Sliced Apples
P.M. Snack	100% Whole Wheat Thins topped with a slice of American Cheese	Gluten Free Veggie Straws, with 100% Apple Juice	Fun Goldfish Crackers made with real cheese & Apple Slices	No High Fructose syrup Fruit Yogurt & Sea Salt Crackers	Nilla Wafers made with Kosher Dairy served with Orange slices

WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Variety of Cereal choices made with Whole grains & Milk	Fruit Filled Pastry Tart a source of 7 daily vitamins & Milk	Whole Wheat Bread and Cream Cheese Milk	Variety of Cereal choices made with Whole grains & Milk	Home Style Waffles with 10 vitamins & minerals served with Milk
Lunch	Crispy White Meat Chicken Nuggets, and array of Mixed Vegetables Whole Grain Bread and Apple Sauce	Kosher Penne Rigate & Organic Tomato sauce with Fresh Mozzarella cheese topping and Ripe Banana	Grilled American Cheese Sandwich on Whole Wheat Bread, Corn and Fruit Cocktail	100% Alaska Pollock Breaded Fish Sticks, Mashed Potatoes, & Apple Sauce	Slice of Fresh Oven Baked Mozzarella Cheese Pizza with Cucumber slices & Fresh Orange Slices
P.M. Snack	Baked Snack Crackers made with 100% real cheese and Ripe Bananas	Crunchy Baby Carrots and healthy Low-Fat Pretzels	Low fat Traditional Chex Mix with Fresh Apple Slices	No High Fructose Syrup Fruit Yogurt & Sea Salt Crackers	Low Fat Mozzarella String Cheese with Apple Slices

WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Variety of Cereal choices made with Whole grains & Milk	Whole Wheat Bread and Cream Cheese Milk	Cereal Bar made with Whole Grain and 100% Fruit served with Milk	Cinnamon French Toast Sticks served with Milk	Variety of Cereal choices made with Whole grains & Milk
Lunch	Kosher Penne Rigate with Rich Alfredo Sauce and Broccoli. Served with Fresh Golden Apple Sauce	Tomato Soup with American Cheese Slice. Potato Tater Tots and Fruit Cocktail	Spaghetti in an Organic Tomato Sauce, Delicious Corn and Banana Slices	Mediterranean Chicken Gyro on Low Fat Pita Bread served with Delicious Corn and Fruit Cocktail	Fresh Oven Baked Cheese Pizza Salad with Ranch Dressing Orange Slices
P.M. Snack	Healthy Low-Fat Pretzels and Ripe Banana	Fun Goldfish Crackers made with real cheese & Apple Slices	No High Fructose syrup Fruit Yogurt & Sea Salt Crackers	Gluten Free Veggie Straws, with 100% Apple Juice	Crispy Corn Tortilla served with a vegetable rich Salsa

Effective Dec 2016