### October 2019 Lunch Menu

**Lakeview Middle School**

#### Weekly Lunch Menu

**Monday**
- **Weekly Pizza** - Chicken Bacon Ranch Pizza
- **FEATURED Entrée** - Chicken Sticks & a Roll
- **Weekly Salad** - Strawberry Spinach Wed-Fri.

**Tuesday**
- **WEEKLY PIZZA** - Chicken Bacon Ranch Pizza
- **FEATURED ENTRÉE** - Chicken Sticks & a Roll
- **WEEKLY SALAD** - Strawberry Spinach Wed-Fri.

**Wednesday**
- **WEEKLY PIZZA** - Pepperoni Pizza
- **FEATURED ENTRÉE** - Cheeseburger on a Bun
- **WEEKLY SALAD** - Buffalo Chicken Salad

**Thursday**
- **WEEKLY PIZZA** - Buffalo Chicken Pizza
- **FEATURED ENTRÉE** - Chicken Patty on a Bun
- **WEEKLY SALAD** - Chicken Caesar

**Friday**
- **WEEKLY PIZZA** - Sausage
- **FEATURED ENTRÉE** - Boneless Chicken Wing Sauce & Dinner Roll
- **WEEKLY SALAD** - Bavarian

#### Lunch Prices
- **Student** $2.00
- **Reduced** $1.40
- **Adult** $3.15

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch meal or meal alternate.

- **Choice of Vegetable**
- **Choice of Fruit**
- **Grain/Bread**
- **Choice of Milk**
- **Legumes - beans and peas**

#### Weekly Vegetable Subgroups May Include:

- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage

#### Daily Fruit Selections May Include:

- oranges, apples, bananas, grapes, peaches, cantaloupe, melon, strawberries, pineapple, grapefruit, mandarin oranges, cranberries and other seasonal fruits

#### Leave Your Lunch at Home

Daily entrée options may include:

- Hamburger
- Cheeseburger
- Chicken Patty
- Spicy Chicken Patty
- a Variety of Pizza Choices

### UP FOR GRABS

Pizza Craveables
Turkey and Cheese Wrap
Ham and Cheese Wrap
Peanut Butter and Jelly Sandwich

Oftentimes you may find:

- a Hoagie or
- Lunchbox Meal Crispy or
- other surprises

### Chef Salads Daily and a Weekly Featured Salad

Chef Salads Daily and a Weekly Featured Salad

### "METZ GRILLE" AVAILABLE WEEKLY

#### Lunch Prices
- **Student** 2.00
- **Reduced** 1.40
- **Adult** 3.15

**Monday**
- **Lunch Price** $2.40

**Tuesday**
- **Lunch Price** $2.40

**Wednesday**
- **Lunch Price** $2.40

**Thursday**
- **Lunch Price** $2.40

**Friday**
- **Lunch Price** $2.40

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