



# Lake-Lehman Elementary Lunch Menu November 2022

Monday 10/31/22	Tuesday 11/1/22	Wednesday 11/2/22	Thursday 11/3/22	Friday 11/4/22
<b>Half Day</b> French Toast Sticks Sausage Patty Syrup	Chicken Fajita with Brown Rice, Peppers & Onions, Salsa, Shredded Cheddar & Sour Cream	General Tso's Chicken with Brown Rice or Popcorn Chicken	Hamburger or Bacon Cheeseburger	French Bread Pizza
Potato Triangles Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Baked Beans Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>11/7/22</b>	<b>11/8/22</b>	<b>11/9/22</b>	<b>11/10/22</b>	<b>11/11/22</b>
Chicken Alfredo over Penne Pasta	Nachos Grande with Cheese Sauce, Salsa, Sour Cream & Shredded Cheddar	Popcorn Chicken Bowl Mashed, Corn, Gravy or Popcorn Chicken with a Dinner Roll	<b>Half Day</b> Pancakes Sausage Patty Syrup	<b>No School</b>
Steamed Peas Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Potato Triangles Choice of Fruit Choice of Milk	
<b>11/14/22</b>	<b>11/15/22</b>	<b>11/16/22</b>	<b>11/17/22</b>	<b>11/18/22</b>
Asian Sesame Chicken over Brown Rice	Soft Shell Tacos Salsa, Shredded Cheddar & Sour Cream Beef or Fish	Scratch-Made Macaroni & Cheese with a Dinner Roll	Sloppy Joe on a Bun	Stuffed Crust Pizza
Steamed Broccoli Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk	Stewed Tomatoes Choice of Fruit Choice of Milk	Au Gratin Potatoes Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
<b>11/21/22</b>	<b>11/22/22</b>	<b>11/23/22</b>	<b>11/24/22</b>	<b>11/25/22</b>
Cheesy Bread with Tomato Sauce	Thanksgiving Dinner Roasted Turkey with Gravy, Mashed Potatoes, Stuffing, a Dinner Roll and Cranberry Sauce	<b>Half Day</b> French Toast Sticks Sausage Patty Syrup	<b>No School</b>	<b>No School</b>
Roasted Ranch Cauliflower Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Potato Triangles Choice of Fruit Choice of Milk		
<b>11/28/22</b>	<b>11/29/22</b>	<b>11/30/22</b>	<b>12/1/22</b>	<b>12/2/22</b>
<b>No School</b>	Chicken Fajita with Brown Rice, Peppers & Onions, Salsa, Shredded Cheddar & Sour Cream	Pierogies with Butter and Onion served with a Dinner Roll	Pork BBQ Sandwich	French Bread Pizza
	Mixed Veggies Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	BBQ Roasted Cauliflower Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk

MENU SUBJECT TO CHANGE DUE TO VENDOR AVAILABILITY

### USDA National School Lunch Requirements

Students are encouraged to take all 5 of the different components offered; however, it is required they take at least 3 different components. One of those components must be a fruit and/or a vegetable

Whether students take 3, 4, or 5 of the components, the meal is the same price

This allows them to build a healthy meal by selecting 3 to 5 different food groups

**Step 1:** Choose 1/2 cup of fruit and/or vegetable



**Step 2:** Choose at least 2 other components and up to 3:



### Other Daily Entree Options May Include:

- Italian Hoagie
- Club Sandwich on Whole Wheat
- Ham & Cheese Hoagie
- Ham & Cheese on Whole Wheat
- Turkey & Cheese on Whole Wheat
- Turkey, Ham & Cheese Croissant
- Peanut Butter & Jelly with String Cheese
- Tuna Salad on Whole Wheat
- Chef Salad with a Dinner Roll

### Meal Prices

Student Meal \$2.15  
Adult Meal \$3.50



go to [www.schoolcafe.com](http://www.schoolcafe.com) for:  
online account payments, transactions details,  
menus & free and reduced applications (can be  
submitted any time during the school year)

USDA is an equal opportunity  
provider and employer



go to [www.lakelehmanmetz.com](http://www.lakelehmanmetz.com) for  
printable menus, what makes a meal, nutrition  
information and more

General Manager: Sarah Walsh  
ma1124@metzcorp.com