

Lackawanna
High School 9-12
Lunch

January 2019



Lunch Fact

MyPlate recommends:

Choose vegetables rich in **color!**
Brighten your plate with vegetables that are **red, orange, or dark green.**
They not only taste great but also are good

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY NEW YEAR 2019!</p>	<p>1 HAPPY NEW YEAR 2019!</p>	<p>2 Cheese Burger on ww roll (2M,2G) Buffalo Chicken Salad (2M2G) ----- Mixed Veggies 1/2c Steamed Broccoli 1/2c Choice of Fruit 1/2c</p>	<p>3 Chicken Nuggets (2m,2G) Asian Chicken Salad (2M,2G) ----- Corn 1/2c Baked Beans 1/2c Choice of Fruit 1/2c</p>	<p>4 French Toast Sticks (3) Sausage Links (2) (2M,2G) Greek Salad (2M2G) ----- Oven Potatoes 1/2c Glazed Carrot Coins 1/2c Choice of Fruit 1/2c</p>
<p>7 Nacho Grande (2M2G) Buffalo Chicken Salad (2M2G) ----- Refried Beans 1/2c Green Beans 1/2c Choice of Fruit 1/2c</p>	<p>8 Chicken Patty on WW Roll Egg Noodles (1/4c) Caesar (2M2G) ----- Garden Corn 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>9 Roast Turkey & Gravy Dinner Roll (2M,2G) Taco Salad (2M,2G) ----- Mashed Potatoes 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c</p>	<p>10 Buffalo Style Chicken Sub (2M,2G) Julienne Salad (2M,2G) ----- Cauliflower 1/2c Broccoli 1/2 c Choice of Fruit 1/2c</p>	<p>11 Pizza (2M2G) Asian Salad (2M,2G) ----- Romaine 1c Carrot Coins 1/2c Choice of Fruit 1/2c</p>
<p>14 Double Hot Dog on ww roll (2M,1.75G) Buffalo Chicken Salad (2M2G) ----- Oven Potatoes 1/2c Carrots 1/2c Choice of Fruit 1/2c</p>	<p>15 Meatloaf Dinner Roll (2M,2G) Greek Salad (2M,2G) ----- Tomato Salad 1/2c Mashed Potatoes 1/2c Choice of Fruit 1/2c</p>	<p>16 Loaded Potatoes W/ Taco Meat & Toppings (2M,2G) Asian Chicken Salad (2M,2G) ----- Corn 1/2c Bean Salad 1/2c Choice of Fruit 1/2c</p>	<p>17 Buffalo Chicken Mac & Cheese (2M2G) Taco Salad (2M,2G) ----- Broccoli 1/2c Winter Veggies 1/2c Choice of Fruit 1/2c</p>	<p>18 Grilled Cheese on Wheat Tomato Soup (2M2G) Turkey Sub (2M2G) ----- Garden Corn 1/2c Brown Rice 1/2c Choice of Fruit 1/2c</p>
<p>21 Martin Luther King Day No School</p>	<p>22 New York State Exams Sub Bar Available</p>	<p>23 New York State Exams Sub Bar Available</p>	<p>24 New York State Exams Sub Bar Available</p>	<p>25 New York State Exams Sub Bar Available</p>
<p>28 Cheese Burger on ww roll (2M,2G) Buffalo Chicken Salad (2M2G) ----- Oven Potatoes 1/2c Steamed Broccoli 1/2c Choice of Fruit 1/2c</p>	<p>29 Turkey Pot Pie w/Gravy ww Biscuit (2M,2G) Tuna Sub (2M,2G) ----- Green Beans 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c</p>	<p>30 Pizza (2M2G) Asian Salad (2M,2G) ----- Romaine 1c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>31 Roasted Chicken W/Rice (2M,2G) Greek Salad (2M,2G) ----- Mixed Veggies 1/2c Cicci Pea Salad 1/2 c Choice of Fruit 1/2c</p>	<p>This institution is an equal opportunity employer & provider.</p>

We serve the following Items Daily

Deli Sandwiches! (2M 1.5G)

Salads! (2M 1.5G)

PBJ Sandwiches! (2M 2G)

made fresh daily!!!!

Fresh or prepared fruits and vegetables daily.

(Must take ½ cup of Fruit or Veggies may take one cup)

Non or Low Fat White or Non Fat Chocolate Or Non Fat Strawberry

(Five components offered)

Must take Protein, Grain, Fruit &/or Vegetable.

-----**Start with a**-----

1• Vegetable

2• Fruit

3• Choose whole grains
(all rice, breads and pastas)

4• Pick a lean protein
(meats, cheeses, yogurt & chic peas are proteins)

5• Add serving of milk