

Lake Geneva Schools

MARCH 2017

LAKE GENEVA MIDDLE SCHOOL LUNCH MENU

Feb 14, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Personal Pizza, 5" OR Chicken Nuggets/Roll Ranch/BBQ/Honey Fresh Garden Salad Carrot Sticks Apple or Orange Fresh Fruit Milk-asst. varieties	2 Meat & Cheese Nachos OR Fiesta SALSA Sour Cream Refried Beans Peaches/Lt.Syrup Apple or Orange Wh.Grain Cookie, RF Milk-asst. varieties	3 Cheese Quesadilla OR Meatball Sandwich Ketchup and Mustard SALSA Sour Cream Sweet Potato Fries Celery/Dip Apple or Orange Applesauce Milk-asst. varieties
6 ChickenParmesan-WG Bun OR BBQ Pork on WG Bun Baked Beans Celery & Dip Pineapple Apple or Orange Milk-asst. varieties	7 Popc. Chicken/Roll OR WG Pizza Ranch/BBQ/Honey Carrots CAULIFLOWER,raw Peaches/Lt.Syrup Apple or Orange Milk-asst. varieties	8 Turkey & Gravy OR Breaded Pork Patty Dinner Roll/Butter Mashed Potatoes Fresh Garden Salad Salad Dressing, Asst. Cranberries Apple or Orange Wh.Grain Cookie, RF Milk-asst. varieties	9 Chicken Teriyaki OR WG Chicken Egg Roll Rice Yogurt, assorted Snap Peas/Dip Carrot Sticks Apple or Orange Mandarin Oranges Milk-asst. varieties	10 Toasted Cheese Sand. OR Tuna Sandwich/WG bread Tomato Soup Crispy Fresh Broccoli Cucumbers/Dip Fruit Cocktail Apple or Orange Milk-asst. varieties
13 Mini Sub OR Turkey Burger Baked Lays Potato Chip Carrot Sticks Fresh Garden Salad Salad Dressing, Asst. Strawberry Cup Apple or Orange Milk-asst. varieties	14 Chicken Nuggets/Roll OR Mini Corn Dogs Ketchup and Mustard Cucumbers/Dip Sweet Potato Fries Peaches/Lt.Syrup Apple or Orange Milk-asst. varieties	15 Big Chicken Drumstick OR Ham Slice WG Dinner Roll Mashed Potatoes Broccoli/Dip Applesauce Apple or Orange Wh.Grain Cookie, RF Milk-asst. varieties	16 Hot Dog on WG Bun OR Cheesy Garlic Flatbread Ketchup and Mustard Baked Beans Celery/Dip Pears, Light Syrup Apple or Orange Milk-asst. varieties	17 French Toast Sticks Syrup OR Omelet & Eng. Muffin Sausage Links Hash Browns Pineapple Apple or Orange Wango Mango Juice Milk-asst. varieties
20 Chicken Patty-WG Bun OR Cheeseburger/ WG Bun Baked French Fries Celery/Dip Peaches/Lt.Syrup Apple or Orange Ketchup and Mustard Light Mayo Milk-asst. varieties	21 WG Pizza OR Chicken Quesadilla Sour Cream SALSA Fresh Garden Salad Salad Dressing, Asst. Carrot Sticks Apple or Orange Peaches/Lt.Syrup Milk-asst. varieties	22 2 Tacos on WG Tortillas OR Chicken Fajitas (2) Lettuce, Shredded SALSA Sour Cream Cheese, Cheddar, RF Refried Beans Apple or Orange Applesauce Fruit Icee-100% Fruit Milk-asst. varieties	23 Mac and Cheese, WG OR Rib B Q Sandwich Sweet Potato Fries Broccoli/Dip Pears, Light Syrup Apple or Orange Milk-asst. varieties	24 Cheese Dunkers Marinara Sauce OR Ravioli w/ roll Fresh Garden Salad Salad Dressing, Asst. Apple or Orange Fruit Cocktail Milk-asst. varieties

Price: Full Pay \$ 2.50/ Reduced .40/ Adult \$ 3.40

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

Menu Is Subject to Change if Necessary

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.