

LUNCH MENU
Long Meadow Elem.
Lunch Price - \$2.40
 Milk Price - \$.50

Jan-12

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|---|
| <p>Offered Mon thru Thurs.</p> <p>2 Ham & Cheese on a roll.</p> <p>Chef Salad Platter</p> <p>4 Cereal & Yogurt Plate</p> <p>5 Bagel & Yogurt Plate</p> | <p>[2]</p> <p>No School Winter Recess</p> | <p>[3]</p> <p>1 Hot Dog on a bun</p> <p>side dishes: choose two</p> <p>Oven Baked Potatoes</p> <p>Steamed Veggies</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[4]</p> <p>1 Pasta & Sauce</p> <p>Marinara or Meat Sauce</p> <p>side dishes: choose two</p> <p>Garden Salad</p> <p>Dinner Roll</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[5]</p> <p>1 "BOAR'S HEAD Deli DAY" Ham, Turkey or Chicken</p> <p>side dishes: choose two</p> <p>lettuce, tomato & cheese</p> <p>Potato Chips</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[6]</p> <p>1 Pizza</p> <p>side dishes: choose two</p> <p>Garden Salad</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> |
| <p>Offered Mon thru Thurs.</p> <p>2 Buffalo Chicken</p> <p>Chef Salad Platter</p> <p>4 Cereal & Yogurt Plate</p> <p>5 Bagel & Yogurt Plate</p> | <p>[9]</p> <p>1 Mozzarella Sticks w/ Dipping Sauce</p> <p>side dishes: choose two</p> <p>Garden Salad</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[10]</p> <p>1 Baked Chicken Filet on a bun</p> <p>side dishes: choose two</p> <p>Oven Baked Potatoes</p> <p>Steamed Veggies</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[11]</p> <p>1 Brunch for Lunch</p> <p>side dishes: choose two</p> <p>Hash Brown Potatoes</p> <p>Sausage Links</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[12]</p> <p>1 "BOAR'S HEAD Deli DAY" Ham, Turkey or Chicken</p> <p>side dishes: choose two</p> <p>lettuce, tomato & cheese</p> <p>Potato Chips</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[13]</p> <p>1 Pizza</p> <p>side dishes: choose two</p> <p>Garden Salad</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> |
| <p>Offered Mon thru Thurs.</p> <p>2 Turkey & Cheese on a roll</p> <p>Chef Salad Platter</p> <p>4 Cereal & Yogurt Plate</p> <p>5 Bagel & Yogurt Plate</p> | <p>[16]</p> <p>No School Martin Luther King Day</p> | <p>[17]</p> <p>1 Chicken Parmesan on a bun</p> <p>side dishes: choose two</p> <p>Oven Baked Potatoes</p> <p>Steamed Veggies</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[18]</p> <p>1 Italian Dunkers w/dipping sauce</p> <p>side dishes: choose two</p> <p>Garden Salad</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[19]</p> <p>1 "BOAR'S HEAD Deli DAY" Ham, Turkey or Chicken</p> <p>side dishes: choose two</p> <p>lettuce, tomato & cheese</p> <p>Potato Chips</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[20]</p> <p>1 Pizza</p> <p>side dishes: choose two</p> <p>Garden Salad</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> |
| <p>Offered Mon thru Thurs.</p> <p>2 Combo Grinder</p> <p>Chef Salad Platter</p> <p>4 Cereal & Yogurt Plate</p> <p>5 Bagel & Yogurt Plate</p> | <p>[23]</p> <p>1 Oven Roasted Chicken Pieces</p> <p>side dishes: choose two</p> <p>Mashed Potatoes</p> <p>Steamed Veggies</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[24]</p> <p>1 Hamb or Chburger on a roll</p> <p>side dishes: choose two</p> <p>Onion Rings</p> <p>Steamed Veggies</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[25]</p> <p>1 Baked Chicken Nuggets</p> <p>side dishes: choose two</p> <p>Seasoned Noodles</p> <p>Seasoned Veggie</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[26]</p> <p>1 "BOAR'S HEAD Deli DAY" Ham, Turkey or Chicken</p> <p>side dishes: choose two</p> <p>lettuce, tomato & cheese</p> <p>Potato Chips</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[27]</p> <p>No School In Service Day</p> |
| <p>MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.</p> | <p>[30]</p> <p>1 Baked Chicken Patty on a bun</p> <p>side dishes: choose two</p> <p>Oven Baked Potatoes</p> <p>Steamed Veggies</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | <p>[31]</p> <p>1 Nachos with cheese and beef</p> <p>side dishes: choose two</p> <p>Steamed Brown Rice</p> <p>Steamed Veggies</p> <p>Fresh Veg Sticks</p> <p>Fresh or Canned Fruit</p> <p>100% Juice</p> <p>choose one</p> <p>Assorted Milk</p> | | | |