### Lakeview Middle School

#### March 2020

**Lunch**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>3</td>
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<td>5</td>
<td>6</td>
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<tr>
<td><strong>WEEKLY PIZZA</strong> - Vegetable Pizza</td>
<td><strong>FEATURED ENTRÉE</strong> - Hamburger on a Bun</td>
<td><strong>FEATURED SALAD</strong> - Italian Salad</td>
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<tr>
<td>Grilled Cheese Sandwich</td>
<td>BBQ Chicken Sliders</td>
<td>Penne Pasta w/Meat Sauce Garlic Bread Stick</td>
<td>Bowl Meal Popcorn Chicken and Roll</td>
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<tr>
<td>Featured Veggies: Tomato Soup</td>
<td>Featured Veggies: Sweet Potato Fries Pepper Strips</td>
<td>Featured Veggies: Green Beans Spinach Salad</td>
<td>Featured Veggies: Mashed Potatoes w/Garly Corn</td>
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<tr>
<td>Choice of Vegetable Choice of Fruit</td>
<td>Choice of Fruit Choice of Milk</td>
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**Weekly Vegetable Subgroups May Include:**
- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage

**Daily Fruit Selections May Include:**
- Apples, oranges, bananas, grapes, peaches, pineapple, strawberries, applesauce, and mandarin oranges

**Leave Your Lunch at Home**
- Daily entrée options may include:
  - Hamburger
  - Cheeseburger
  - Spicy Chicken Patty
  - A variety of Pizza Choices

**UP FOR GRABS**
- Pizza Cravables
- Turkey and Cheese Wrap
- Ham and Cheese Wrap
- Peanut Butter and Jelly Sandwich
- Occasionally you may find: a Hoagie or Luncheon Meat Croissant or other surprises

**Chef Salads Daily and a Weekly Featured Salad**

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**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 of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch or meat alternate. Choice of Vegetable Choice of Fruit Grain/Bread Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

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<td>30</td>
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<tr>
<td>Celery Sticks</td>
<td>Pepper Strips</td>
<td>Spinach Salad</td>
<td>Broccoli</td>
<td>Cheeseburger</td>
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<tr>
<td>Cucumbers</td>
<td>Cucumber Slices</td>
<td>Cheeseburgers</td>
<td>Featured Veggies:</td>
<td>on a Bun</td>
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<td>Choice of Fruit</td>
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<td>Featured Veggies:</td>
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<td>Choice of Milk</td>
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<td>Choice of Milk</td>
<td>Cheese</td>
<td>Featured Veggies:</td>
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<td>French Fries</td>
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<td>Fresh Baby Carrots</td>
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<td>Choice of Fruit</td>
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**Lunch Prices**
- Student 2.00
- Reduced 1.40
- Adult 3.15

**General Manager:** Darlene Wendrock
**Phone Number:** 724-376-7911 x 6125
**Email:** darlenewendrock@docs.lakeview.k12.pa.us

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