



Lancaster & Whitefield Schools Menu 2017

3	4	5	6	7
Spaghetti w/Meat Sauce Homemade WW Garlic Bread Steamed Green Beans Fresh and/or Chilled Fruit	Cheeseburger on a WW Bun Goldfish Crackers Baked Beans Mixed Veggies Fresh and/or Chilled Fruit	Hotdog in a WW Roll Baked French Fries Cheese Stick Coleslaw Fresh and/or Chilled Fruit	Chicken Patty on a WG Bun Pretzel Goldfish Crackers Lettuce & Tomato Steamed Broccoli Fruit and/or Chilled Fruit	Pepperoni or Cheese Pizza Fresh Caesar Salad w/ Lite Dressing WK Corn Fresh and/or Chilled Fruit
10	11	12	13	14
Chicken Nuggets Mashed Potato Homemade WW Roll Steamed Carrots Fresh and/or Chilled Fruit	Taco Salad Salsa LF Sour Cream Brown Rice Pilaf Whole Kernel Corn Fresh and/or Chilled Fruit	Macaroni & Cheese Homemade WG Roll Squash Cucumber Slices Fresh and/or Chilled Fruit	Fiery Chicken/Cheese Wrap Goldfish Crackers Fresh Caesar Salad w/ Lite Dressing Baked Beans Fresh and/or Chilled Fruit	Italian Dippers Marinara Sauce Broccoli Florets w/LF Ranch Dip Steamed Green Beans Fresh and/or Chilled Fruit
17	18	19	20	21
Popcorn Chicken Mashed Potato Homemade WG Roll Squash Fresh and/or chilled Fruit	Tuna Roll Baked French Fries Fresh Broccoli Florets w/LF Dip Mixed Veggies Fresh and/or Chilled Fruit	Meatless Baked Pasta w/Cheese Homemade WG Garlic Bread Steamed Carrots Fresh and/or Chilled Fruit	Pork & Gravy Mashed Potato Homemade WG Roll Baked Beans Fresh and/or Chilled Fruit	Pepperoni or Cheese Pizza Caesar Salad w/Lite Dressing Fresh and/or Chilled Fruit
<i>All meals are subject to change without notice.</i>				
24	25	26	27	28

A Choice of skim, low fat, nonfat chocolate milk is offered with all meals.



Watch for information about online meal payments this month!

Daily Breakfast Menu

- Mondays**
Choice of Cold Cereal (offered daily)
Blueberry Muffin
Fresh or Chilled Fruit, Juice and Milk
- Tuesdays**
Maple Mini Pancakes
Fresh or Chilled Fruit, Juice and Milk
- Wednesdays**
Bagels w/ Sunbutter or Cream Cheese
Fresh or Chilled Fruit, Juice and Milk
- Thursdays**
Maple Madness Waffles
Fresh or Chilled Fruit, Juice and Milk
- Fridays**
Egg, & Cheese on WW Bun
Fresh or Chilled Fruit, Juice and Milk

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