



Lawrence County CTC Lunch Menu

May 2013



All Entrée Chooses & Salads served with Fruit &/or Vegetable Grain Component & Milk Choices

Offered Daily:
 Pizza
 Sub Sandwiches
 Fresh Salads
Dressings:
 Low Fat: Ranch, & Italian

Ala Cart Items:
 Nachos w/Cheese
 Pretzels w/Cheese
 Chicken Tenders
 French Fries
 Pizza Sticks
 Variety of Chips
 100 Calorie Packs
 Cereal Bars
 Assorted Low Fat Cookies

All Sandwich options are prepared with whole grain bread
 All ground meat items may contain a combination of ground beef and turkey.

LUNCH PRICES:

\$2.00 Full Paid

\$.50 Reduced

Breakfast Prices:

\$.75 Full Paid

\$.40 Reduced

Milk Choices:

Low Fat Unflavored

Fat Free Unflavored

Fat Free Choc

Other Choices:

Bottled Water

Flavored Water

Ice Teas

Gatorade

(These do not replace milk w a meal)

Food Service

Manager:

Phyllis Lamb

724-658-4404

Ext: 7117

An Equal Rights and Opportunities School District

Menu Subject to Change

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| | | 1 chicken stir fry over rice assorted fruit, milk choice | 2 rigatoni with meat sauce, tossed salad, bread stick, dessert, assorted fruit, milk choice | 3 toasted cheese sand- wich, tater tots, green beans, assorted fruit, milk choice |
| 6 hot submarine sand- wich, pierogies, assorted fruit, milk choice | 7 barbequed ham sandwich, baked chips three bean salad, assorted fruit, milk choice | 8 beef taco, refried beans, assorted fruit, milk choice | 9 chicken/gravy, mashed potatoes, tossed salad, bread stick, corn, dessert, assorted fruit, milk choice | 10 stuffed crust pizza, baked chips, broccoli/ cheese, assorted fruit, milk choice |
| 13 chicken patty sand- wich, oven fries, green beans, assorted fruit, milk choice | 14 meatball sub, broccoli, rice pilaf, assorted fruit, milk choice | 15 chicken fajita, w/ peppers, onions, | 16 gyro wrap, w/ glazed carrots, as- sorted fruit, milk choice | 17 choice of cheese pizza, or vegetable pizza, ro- maine salad, assorted fruit, milk choice |
| 20 ham and cheese bagel, hash brown, peas, as- sorted fruit, milk choice | 21 sausage sandwich, baked chips, glazed carrots, as- sorted fruit, milk choice | 22 cheeseburger, oven fries, baked beans, as- sorted fruit, milk choice | 23 nachos/ground beef, assorted fruit, milk choice | 24 |
| 27 | 28 | 29 | 30 | 31 |
| NO SCHOOL Memorial Day | | | | |

In order to qualify for a reimbursable lunch, a student may select 3 of the 5 components offered. Meat/Meat alternate, Fruit and/or Vegetable, Bread and Milk. A student must select a 1/2 cup Fruit or 1/2 cup Vegetable as part of their reimbursable meal.