



**Island Park Union Free School District**  
**LINCOLN ORENS MIDDLE SCHOOL**  
 Lunch Menu **DECEMBER 2018**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-Dec</b> <b>Turkey Taco</b> WG Tostito Chips Black Beans Salsa Shredded Cheese Fresh Fruit USA Mixed Fruit (S,W,M) 	<b>4-Dec</b> <b>Chicken Patty</b> on a Bun Lettuce, Tomato, Pickle Chips Sweet Potato Puffs Fresh Fruit USA Mixed Fruit (S,W,M) 	<b>5-Dec</b> Grilled <b>American Cheese</b> Three Bean Salad Fresh Fruit  USA Diced Peaches (S,W,M)	<b>6-Dec</b> <b>Pizza</b> Spinach Salad Fruit Punch Fresh Fruit USA Diced Pears (S,W,M) 	<b>7-Dec</b> <b>Chicken Nuggets</b> Crinkle Cut French Fries Kernel Corn Fresh Fruit USA Mixed Fruit (S,W,M) 
<b>10-Dec</b> <b>Macaroni &amp; Cheese</b> Broccoli Florets Italian Bread Fresh Fruit USA Diced Peaches (M,W)	<b>11-Dec</b> <b>Meatballs</b> Brown Sauce Penne Pasta Green Beans Fresh Fruit USA Mixed Fruit (S,W,M)	<b>12-Dec</b> <b>Fajita Chicken</b> Tortilla Wrap Vegetarian Beans Shredded Cheese Fresh Fruit USA Apple Sauce (W,S,M)	<b>13-Dec</b> <b>Pizza</b> Tomato & Cucumber Salad Apple Juice Fresh Fruit USA Diced Pears (S,W,M)	<b>14-Dec</b> <b>Popcorn Chicken</b> Potato Puffs Kernel Corn Fresh Fruit USA Mixed Fruit (S,W)
<b>17-Dec</b> <b>Penne Pasta</b> Meat Sauce Green Beans Fresh Fruit USA Diced Peaches (S,W)	<b>18-Dec</b> <b>Hamburger</b> on a Bun Crinkle Cut French Fries Pickle Chips Fresh Fruit USA Mixed Fruit (S,W)	<b>19-Dec</b> Brunch for Lunch <b>French Toast Sticks</b> Potato Puffs Mozzarella Cheese Stick Fresh Fruit USA Apple Sauce (S,W,E)	<b>20-Dec</b> <b>Pizza</b> Tossed Green Salad Fruit Punch Fresh Fruit USA Diced Pears (S,W,M)	<b>21-Dec</b> Breaded <b>Mozzarella Cheese Stick / Marinara Sauce</b> Broccoli Florets Fresh Fruit USA Diced Peaches (W,M)
<b>24-Dec</b> 	<b>25-Dec</b> 	<b>26-Dec</b> 	<b>27-Dec</b> 	<b>28-Dec</b> 
<b>31-Dec</b> 				

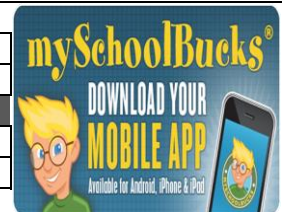
**FREE AND REDUCED LUNCHES AVAILABLE WITH AN APPROVED APPLICATION**

All Meals Served with a Choice of 1% LowFat, Fat Free and Fat Free Flavored Milks

**Prices**



Lunch of the Day	\$2.75	10 prepaid meals	\$27.50
		20 prepaid meals	\$55.00
Reduced Lunch	\$0.25	10 prepaid meals	\$2.50
		20 prepaid meals	\$5.00



**A Complete Meal Includes**

Whole Grain Bread/Grain, Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit  
 A minimum of three must be chosen, One must be a fruit or vegetable

**SANDWICHES WILL BE AVAILABLE MONDAY, TUESDAY, WEDNESDAY AND THURSDAY ONLY**

Bologna, Cheese, Egg Salad, Ham, PB & J, Salami, Tuna Salad and Turkey Sandwiches are served on a choice of White, Wheat, or Rye

**Salads will be available on Friday**

**Fresh Garden Salad** comes with a choice of a scoop of Tuna or Egg Salad

**Chef Salad** comes with a choice of Meat and Cheese or a Hard Boiled Egg

**Chicken Ceasar Salad** includes 1oz. of Croutons

Menu key references for specific **Allergens**: M-milk SF-seafood P-peanut E-egg T-treenut S-soybean F-fish W-wheat