



Island Park Union Free School District
LINCOLN ORENS MIDDLE SCHOOL
 Lunch Menu **JANUARY 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
	1-Jan	2-Jan	3-Jan	4-Jan
		Turkey Taco WG Tostito Chips Black Beans Salsa Shredded Cheese Fresh Fruit USA Mixed Fruit (S,W,M)	Pizza Spinach Salad Fruit Punch Fresh Fruit USA Diced Pears (S,W,M)	Breaded Mozzarella Sticks with Marinara Sauce Green Beans Fresh Fruit, USA Apple Sauce (W,M)
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
Macaroni & Cheese Broccoli Florets Italian Bread Fresh Fruit USA Diced Peaches (M,W)	Meatballs Brown Sauce Penne Pasta Green Beans Fresh Fruit USA Apple Sauce (S,W,M)	Fajita Chicken Tortilla Wrap Vegetarian Beans Shredded Cheese Fresh Fruit USA Mixed Fruit (W,S,M)	Pizza Tomato & Cucumber Salad Apple Juice Fresh Fruit USA Diced Pears (S,W,M)	Hamburger on a Bun Crinkle Cut French Fries Pickle Chips Fresh Fruit USA Apple Sauce (S,W)
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
Penne Pasta Meat Sauce Green Beans Fresh Fruit USA Diced Peaches (S,W)	Grilled American Cheese Three Bean Salad Fresh Fruit USA Apple Sauce (S,W,M)	Brunch for Lunch French Toast Sticks Potato Puffs Mozzarella Cheese Stick Fresh Fruit USA Mixed Fruit (S,W,E)	Pizza Tossed Green Salad Fruit Punch Fresh Fruit USA Diced Pears (S,W,M)	
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
	Chicken Patty on a Bun Lettuce, Tomato, Pickle Chips Crinkle Cut French Fries Fresh Fruit USA Apple Sauce (S,W,M)	Breaded Mozzarella Sticks with Marinara Sauce Green Beans Fresh Fruit, USA Mixed Fruit (W,M)	Pizza Spinach Salad Fruit Punch Fresh Fruit USA Diced Pears (S,W,M)	Orange Chicken Seasoned Rice Broccoli Fresh Fruit USA Apple Sauce (S,W)
28-Jan	29-Jan	30-Jan	31-Jan	
Turkey Taco WG Tostito Chips Black Beans Salsa Shredded Cheese Fresh Fruit, USA Diced Peaches (S,W,M)	Chicken Strips Potato Spudsters Kernel Corn Fresh Fruit USA Apple Sauce (S,W,M)	Chicken Tenders Crinkle Cut French Fries Broccoli Florets Fresh Fruit USA Mixed Fruit (S,W,M)	Pizza Tomato & Cucumber Salad Apple Juice Fresh Fruit USA Diced Pears (S,W,M)	

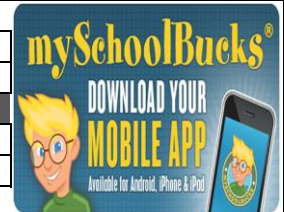
FREE AND REDUCED LUNCHES AVAILABLE WITH AN APPROVED APPLICATION

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

Menu subject to change without notice

This institution is an equal opportunity provider and employer