











Lake Shore Schools Elementary Lunch Menu April 2012

Student lunch \$2.45 Reduced price \$.40
Ala Carte Milk \$.40



www.eatlearnlive.com/chartbusters

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal! Questions or comments? Please contact Tina Morris, Food Service Director at (586)285-8925 or tmorris@lssps.org MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
2 SPRING BREAK 	3 SPRING BREAK 	4 SPRING BREAK 	5 SPRING BREAK 	6 SPRING BREAK HOPPY EASTER!! 
9 Hungry Howies Cheese or Pepperoni Pizza Mixed Garden Salad Fresh Apple Low Fat Milk Choice	10 Chicken Tenders Seasoned Wedges Chilled Peaches Low Fat Milk Choice	11 *Chicken & Cheese Quesadilla w/ Salsa Refried Beans or Carrot Snackers Fruit Cocktail Low Fat Milk Choice Early Release Day	12 LUCKY TRAY DAY!! Cheeseburger on* WG Bun Steamed Broccoli Chilled Pears Low Fat Milk Choice	13 Mexican Bosco Sticks Corn Nibblits Applesauce Low Fat Milk Choice
16 *WG Chicken Patty On *WG Bun Steamed Broccoli Diced Peaches Low Fat Milk Choice	17 Macho Nachos *Tortilla Chips Refried Beans or Carrot Snackers Mandarin Oranges Low Fat Milk Choice	18 R/F Cheesy Bosco Sticks Mixed Garden Salad Fresh Banana Low Fat Milk Choice	19 Beef Hot Dog on * Bun Potato Smiles© Apple Slices Low Fat Milk Choice	20 *Cinnamon French Toast Turkey Sausage Diced Peaches 100% Orange Juice Cup Low Fat Milk Choice
23 *Chicken Fries Tator Tots Pineapple Tidbits Low Fat Milk Choice	24 GIVEAWAY DAY! Soft Shell Beef Taco w/ Lettuce & Cheese Refried Beans or Carrot Snackers Chilled Pears Low Fat Milk Choice	25 * Pepperoni or Cheese Pizza Bagel Steamed Fresh Broccoli Mandarin Oranges Low Fat Milk Choice Early Release Day	26 Rotini w/ Italian Meat Sauce *Dinner Roll Mixed Garden Salad Applesauce Low Fat Milk Choice	27 Pork Riblitt Sandwich* Pickle Slices Steamed Green Beans Orange Wedges Low Fat Milk Choice
30 *Chicken Nuggets Steamed Fresh Broccoli Chilled Pears Lowfat Milk Choice				
*Whole Grain (WG Bread options offered daily) 	Mixed Garden Salad includes Romaine lettuce and Spinach FRESH fruit offered DAILY		This months FOOD FOCUS: GARBANZO BEANS!! Garbanzo beans (also known as chickpeas) have a delicious nutlike taste and buttery texture. They are a good source of protein and iron and an excellent source of fiber. Find them offered in your lunch line!!	
Alternate Lunch Options: Served with the fruit and vegetable choice of the day and low fat milk choice				
	<u>Week 1 and 5:</u> Turkey & Cheese *WG Sub	<u>Week 2:</u> Ham & Cheese *WG Sub	<u>Week 3:</u> Turkey & Cheese *WG Sub	<u>Week 4:</u> Bologna & Cheese *WG Sub



Go to MyPyramid.gov for online personal wellness resources for you and your family.

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