



Lake Shore High School Lunch Menu

May 2012

Questions? Please call Tina Morris at (586)285-8925 or email us at cmorris@lsps.org

All entrees come with choice of: fruit and vegetable of the day and choice of 1% White Milk, Skim White or Skim Chocolate

Station		Tuesday 5/1/12	Wednesday 5/2/12	Thursday 5/3/12	Friday 5/4/12
Menutainment On Display Cooking to Order Premium Meal \$3.75		Chicken Hani Tater Tots	Chicken Caesar Salad *Dinner Roll	Chicken Tender Basket Potato Wedges	<u>Panini Day</u> Italian Panini Baked Tator Tots
Sandwich Central Fresh Sandwiches Made to Order Premium Meal \$3.25		Crispy Chicken Wrap	Chicken Salad Wrap	Chicken Caesar Wrap	Italian Wrap
Fresh Grille Available Daily: Cheeseburger Hamburger Whole Grain Chicken Sandwich \$2.70		Cheeseburger	Mexican Boscós	Spicy Chicken Sandwich	Pizza Strips
Trattoria Available Daily: Fresh Homemade Plain and Pepperoni Pizza \$2.70		Meat Lovers' Pizza	Cheese & Pepperoni Stromboli	Sausage & Mild Pepper Pizza	Philly Steak & Cheese Pizza
Outtakes All Salads served with whole grain dinner rolls Premium Meal \$3.25		Grilled Chicken Salad Crispy Chicken Wrap	Chicken Salad Salad Chicken Salad Wrap	Chicken Caesar Salad Chicken Caesar Wrap	Garden Salad Italian Wrap
Casa Amigo Available Daily: Nachos/Cheese Tacos Taco Salad \$2.70		Chicken & Cheese Quesadilla Spanish Rice Salsa Sour Cream	<u>Nacho Bar</u> Beef, Refried Beans & Cheese Nachos Lettuce & Salsa	Crispitos (2) Tortilla Chips & Salsa Sour Cream	<u>Build your own</u> Taco Salad Tortilla Chips, Beef, Cheese, Refried Beans, Lettuce & Salsa Fiesta Rice
Soup \$1.75					
Accompaniments All Lunches Include: Entrée Choice, Vegetable Choice, Fresh or Chilled Fruit & Choice of Cold Milk. In order to qualify as a meal, at least three (3) components must be taken.		Mixed Garden Salad Mixed Vegetable Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Applesauce	Mixed Garden Salad Fresh Pasta Salad Seasoned Green Beans Fresh Celery Sticks Fresh Orange Fresh Apple Fresh Banana Mandarin Oranges	Mixed Garden Salad Seasoned Corn Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Pineapple Tidbits	Mixed Garden Salad Seasoned Carrots Fresh Broccoli Fresh Orange Fresh Apple Fresh Banana Diced Pears

All meals are available to Free and Reduced Students for no Extra Charge
Menu is subject to change without notice

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.



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Station	Monday 5/7/12	Tuesday 5/8/12	Wednesday 5/9/12	Thursday 5/10/12	Friday 5/11/12
Menutainment On Display Cooking to Order Premium Meal \$3.75	Pasta Bar w/ Italian Meat Sauce Garlic Bread Mixed Garden Salad	Chicken Hani Tater Tots	½ Day Today No Lunch Service	<u>Panini Day</u> Turkey Bacon Panini Baked Tator Tots	<u>Farwell BBQ</u> Hamburger/Hot Dogs Potato Salad or Chips Watermelon
Sandwich Central Fresh Sandwiches Made to Order Premium Meal \$3.25	Grilled Chicken Wrap	Crispy Chicken Wrap		Chicken Caesar Wrap	Italian Wrap
Fresh Grille Available Daily: Cheeseburger Hamburger Whole Grain Chicken Sandwich \$2.70	Cheesy Chicken Patty	BBQ Tenders		Spicy Chicken Sandwich	Beef Hot Dogs on Bun
Trattoria Available Daily: Fresh Homemade Plain and Pepperoni Pizza \$2.70	BLT Pizza	Meat Lovers' Pizza		Philly Steak & Cheese Pizza	Spicy Chicken Pizza
Outtakes All Salads served with whole grain dinner rolls Premium Meal \$3.25	Crispy Chicken Salad Grilled Chicken Wrap	Grilled Chicken Salad Crispy Chicken Wrap		Chicken Caesar Salad Chicken Caesar Wrap	Garden Salad Italian Wrap
Casa Amigo Available Daily: Nachos/Cheese Tacos Taco Salad \$2.70	2 Chicken Tacos Salsa	Chili Cheese Burrito Spanish Rice Salsa Sour Cream		Crispitos (2) Tortilla Chips & Salsa Sour Cream	<u>Build your own</u> Taco Salad Tortilla Chips, Beef, Cheese, Refried Beans, Lettuce & Salsa Fiesta Rice
Soup \$1.75					
Accompaniments All Lunches Include: Entrée Choice, Vegetable Choice, Fresh or Chilled Fruit & Choice of Cold Milk. In order to qualify as a meal, at least three (3) components must be taken.	Mixed Garden Salad Seasoned Peas & Carrots Fresh Broccoli Fresh Orange Fresh Apple Fresh Banana Peaches	Mixed Garden Salad Mixed Vegetable Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Applesauce		Mixed Garden Salad Seasoned Corn Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Pineapple Tidbits	Mixed Garden Salad Seasoned Carrots Fresh Broccoli Fresh Orange Fresh Apple Fresh Banana Diced Pears

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www.eatlearnlive.com/chartwells

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Station	Monday 5/14/12	Tuesday 5/15/12	Wednesday 5/16/12	Thursday 5/17/12	Friday 5/19/12
Menutainment On Display Cooking to Order Premium Meal \$3.75	Pasta Bar w/ Italian Meat Sauce Garlic Bread Mixed Garden Salad	Chicken Hani Tater Tots	Chicken Caesar Salad *Dinner Roll	Chicken Tender Basket Potato Wedges	<u>Panini Day</u> Italian Panini Baked Tater Tots
Sandwich Central Fresh Sandwiches Made to Order Premium Meal \$3.25	Buffalo Chicken Wrap	Crispy Chicken Wrap	Tuna Salad Wrap	Chicken Caesar Wrap	Ham & Cheese Wrap
Fresh Grille Available Daily: Cheeseburger Hamburger Whole Grain Chicken Sandwich \$2.70	Chicken Rings	Popcorn Chicken	Grilled Cheese Sandwich	Spicy Chicken Patty	Hot Dogs
Trattoria Available Daily: Fresh Homemade Plain and Pepperoni Pizza \$2.70	BLT Pizza	Meat Lovers' Pizza	Cheese & Pepperoni Calzone	Philly Steak & Cheese Pizza	Spicy Chicken Pizza
Outtakes All Salads served with whole grain dinner rolls Premium Meal \$3.25	Crispy Chicken Salad Buffalo Chicken Wrap	Chicken Tender Salad Crispy Chicken Wrap	Grilled Chicken Salad Tuna Salad Wrap	Chicken Caesar Salad Chicken Caesar Wrap	Garden Salad Ham & Cheese Wrap
Casa Amigo Available Daily: Nachos/Cheese Tacos Taco Salad \$2.70	2 Chicken Tacos Salsa	Chicken/Cheese Quesadilla Spanish Rice Salsa Sour Cream	<u>Nacho Bar</u> Beef, Refried Beans & Cheese Nachos Lettuce & Salsa	Crispitos (2) Tortilla Chips & Salsa Sour Cream	<u>Build your own</u> Taco Salad Tortilla Chips, Beef, Cheese, Refried Beans, Lettuce & Salsa Fiesta Rice
Soup \$1.75					
Accompaniments All Lunches Include: Entrée Choice, Vegetable Choice, Fresh or Chilled Fruit & Choice of Cold Milk. In order to qualify as a meal, at least three (3) components must be taken.	Mixed Garden Salad Seasoned Peas & Carrots Fresh Broccoli Fresh Orange Fresh Apple Fresh Banana Peaches	Mixed Garden Salad Mixed Vegetable Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Applesauce	Mixed Garden Salad Fresh Pasta Salad Seasoned Green Beans Fresh Celery Sticks Fresh Orange Fresh Apple Fresh Banana Mandarin Oranges	Mixed Garden Salad Seasoned Corn Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Pineapple Tidbits	Mixed Garden Salad Seasoned Carrots Fresh Broccoli Fresh Orange Fresh Apple Fresh Banana Diced Pears

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Station	Monday 5/21/12	Tuesday 5/22/12	Wednesday 5/23/12	Thursday 5/24/12	Friday 5/25/12
Menutainment On Display Cooking to Order Premium Meal \$3.75	Pasta Bar w/ Italian Meat Sauce Garlic Bread Mixed Garden Salad	Chicken Hani Tater Tots	½ Day Today No Lunch Service	Chicken Fajitas	½ Day Today No Lunch Service
Sandwich Central Fresh Sandwiches Made to Order Premium Meal \$3.25	Buffalo Chicken Wrap	Crispy Chicken Wrap		Chicken Caesar Wrap	
Fresh Grille Available Daily: Cheeseburger Hamburger Whole Grain Chicken Sandwich \$2.70	Grilled Chicken Sandwich	Chicken Fries		Philly Steak & Cheese Pizza	
Trattoria Available Daily: Fresh Homemade Plain and Pepperoni Pizza \$2.70	BLT Pizza	Meat Lovers' Pizza		Sausage & Mild Pepper Pizza	
Outtakes All Salads served with whole grain dinner rolls Premium Meal \$3.25	Crispy Chicken Salad Buffalo Chicken Wrap	Chicken Tender Salad Crispy Chicken Wrap		Chicken Caesar Salad Chicken Caesar Wrap	
Casa Amigo Available Daily: Nachos/Cheese Tacos Taco Salad \$2.70	2 Chicken Tacos Salsa	Bean & Cheese Chalupa Spanish Rice Salsa Sour Cream		Crispitos (2) Tortilla Chips & Salsa Sour Cream	
Soup \$1.75					
Accompaniments All Lunches Include: Entrée Choice, Vegetable Choice, Fresh or Chilled Fruit & Choice of Cold Milk. In order to qualify as a meal, at least three (3) components must be taken.	Mixed Garden Salad Seasoned Peas & Carrots Fresh Broccoli Fresh Orange Fresh Apple Fresh Banana Peaches	Mixed Garden Salad Mixed Vegetable Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Applesauce		Mixed Garden Salad Seasoned Corn Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Pineapple Tidbits	

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Station	Monday 5/28/12	Tuesday 5/29/12	Wednesday 5/30/12	Thursday 5/31/12	
Menuainment On Display Cooking to Order Premium Meal \$3.75	NO SCHOOL MEMORIAL DAY	Chicken Hani Tater Tots	Chicken Caesar Salad *Dinner Roll	Chicken Tender Basket Potato Wedges	
Sandwich Central Fresh Sandwiches Made to Order Premium Meal \$3.25		Crispy Chicken Wrap	Tuna Salad Wrap	Chicken Caesar Wrap	
Fresh Grille Available Daily: Cheeseburger Hamburger Whole Grain Chicken Sandwich \$2.70		BBQ Tenders	Double Cheeseburger	Spicy Chicken Patty	
Trattoria Available Daily: Fresh Homemade Plain and Pepperoni Pizza \$2.70		Meat Lovers' Pizza	Personal Pan Pizza	Sausage & Mild Pepper Pizza	
Outtakes All Salads served with whole grain dinner rolls Premium Meal \$3.25		Chicken Tender Salad Crispy Chicken Wrap	Grilled Chicken Salad Tuna Salad Wrap	Chicken Caesar Salad Chicken Caesar Wrap	
Casa Amigo Available Daily: Nachos/Cheese Tacos Taco Salad \$2.70		Bean & Cheese Chalupa Spanish Rice Salsa Sour Cream	<u>Nacho Bar</u> Beef, Refried Beans & Cheese Nachos Lettuce & Salsa	Crispitos (2) Tortilla Chips & Salsa Sour Cream	
Soup \$1.75					
Accompaniments All Lunches Include: Entrée Choice, Vegetable Choice, Fresh or Chilled Fruit & Choice of Cold Milk. In order to qualify as a meal, at least three (3) components must be taken.		Mixed Garden Salad Mixed Vegetable Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Applesauce	Mixed Garden Salad Fresh Pasta Salad Seasoned Green Beans Fresh Celery Sticks Fresh Orange Fresh Apple Fresh Banana Mandarin Oranges	Mixed Garden Salad Seasoned Corn Fresh Carrot Sticks Fresh Orange Fresh Apple Fresh Banana Pineapple Tidbits	

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