

Menu for LCMR High School  
Menu Subject to Change  
November 2017  
\*This Institution is an  
Equal Opportunity Provider\*

2017-(10/30-11/24)

Every Meal Includes a choice of  
3 Fresh Fruits, Canned Fruits or 100% Fruit Juices  
Skim, 1% White Milk, Strawberry, No Fat Chocolate

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Grilled Cheese</b> 30 Tomato Soup Gold Fish Crackers Choice of Veggies Asst. Fruits & Juice	<b>Roasted Chicken</b> 31 Mashed Potatoes WG Dinner Roll Choice of Veggies Asst. Fruits & Juice	<b>Cheese Steaks</b> 1 Beef or Chicken Chips Choice of Veggies Asst. Fruits & Juice	<b>Tacos/Fajitas</b> 2 Lettuce/Tomato/Cheese Mexican Beans Choice of Veggies Asst. Fruits & Juice	<b>Pizza</b> 3 Romaine & Iceberg Salad WG Dinner Roll Choice of Veggies Asst. Fruits & Juice
<b>French Fries</b>	<b>Nachos &amp; Cheese</b>	<b>Mozz Sticks</b>	<b>Asst. Wraps</b>	<b>Meatball Sub</b>
<b>Chicken Patty</b> 6 Mild or Spicy Cole Slaw Choice of Veggies Asst. Fruits & Juice	<b>Mozz Sticks</b> 7 Romaine & Iceberg Salad WG Dinner Roll Choice of Veggies Asst. Fruits & Juice	<b>OFF</b> 8 <b>Teacher's In Service</b>	<b>OFF</b> 9 <b>Teacher's Convention</b> <b>NJEA</b>	<b>OFF</b> 10 <b>Teacher's Convention</b> <b>NJEA</b>
<b>French Fries</b>	<b>Snacks</b>			
<b>Manwich/Pulled Pork</b> 13 Sandwich Twister Fries Choice of Veggies Asst. Fruits & Juice	<b>Chicken Tenders</b> 14 Chicken Flavored Rice WG Dinner Roll Choice of Veggies Asst. Fruits & Juice	<b>Thanksgiving Dinner</b> 15 <b>Turkey and</b> <b>All the Trimmings</b>	<b>Meatball Sub</b> 16 <b>Sausage Sub</b> Macaroni Salad Choice of Veggies Asst. Fruits & Juice	<b>Pizza</b> 17 Romaine & Iceberg Salad WG Dinner Roll Choice of Veggies Asst. Fruits & Juice
<b>Chicken on Kaiser Roll</b>	<b>Tacos on the Run</b>	<b>Nachos &amp; Cheese</b>	<b>Asst. Sandwiches</b>	<b>French Fries</b>
<b>Burgers</b> 20 Beef/Veggie/Fish Fries Choice of Veggies Asst. Fruits & Juice	<b>Chicken Parm</b> 21 Potato Salad Choice of Veggies Asst. Fruits & Juice	<b>Mozz Sticks</b> 22 Romaine & Iceberg Salad WG Dinner Roll Choice of Veggies Asst. Fruits & Juice	<b>OFF</b> 23 <b>Happy Thanksgiving</b>	<b>OFF</b> 24 <b>Happy Shopping</b>
<b>Quesadillas</b>	<b>Meatball Subs</b>	<b>Snacks</b>		

**Lunch Prices**  
**Student-----\$2.95**  
**Milk-----\$.50**  
**Adult Lunch \$3.95**

**Students are now Offered**  
**1 Hot & 2 Raw Vegetables Daily**  
**Alternate Lunch**  
**Chicken Ceasar Salad with Whole Grain Roll**  
**Asst. Sandwiches on Wheat Bread or Roll**  
**PBJ Sandwich on Wheat Bread**

**Students May Take**  
**2 Vegetables**  
**And 2 Fruit Choices**  
**Daily**

