Lake George Elementary Lunch Menu

		WEDNESDAY 10/1	THURSDAY 10/2	FRIDAY 10/3
		WG Chicken patty or	Breakfast for Lunch	Assorted
		Homemade Black Bean Burger	Pancakes	Homemade Pizza
		BBQ Beans	Sausage links Hash Browns	Garden Salad
MONDAY 10/6	TUESDAY 10/7	WEDNESDAY 10/8	THURSDAY 10/9	FRIDAY 10/10
Homemade Mac and Cheese	Hot Meatball Sandwich	Laker Bowl	Baked Mozzarella Sticks	Superintendent's
Buffalo or Regular Broccoli	Green Beans	Fresh Mashed potato, Garlic chicken breast, corn, brown gravy and a WG dinner roll	Pasta with Sauce Corn	Conference day No School
MONDAY 10/13 Columbus Day No School	TUESDAY 10/14 Grilled Cheese Sandwich	WEDNESDAY 10/15 All Beef hot dog Potato Smiles	THURSDAY 10/16 Chicken and cheese or Cheese Quesadillas Refried Beans	FRIDAY 10/17 Assorted homemade Pizza or Chicken Parm Sandwich
MONDAY 10/20	TUESDAY 10/21	WEDNESDAY 10/22	THURSDAY 10/23	FRIDAY 10/24
Pasta Bar: Penne with choice of marinara, meat sauce, alfredo or pesto. Broccoli	Buffalo Chicken or Ham and Cheese Flatbread	Hamburger, Cheeseburger, Bacon Cheeseburger or black bean burger Oven Fries	Breakfast for Lunch Waffles with Fruit Sausage links Hash Browns	Assorted Homemade Pizza Garden Salad
MONDAY 10/27	TUESDAY 10/28	WEDNESDAY 10/29	THURSDAY 10/30	FRIDAY 10/31
Cheese ravioli with	Taco Tuesday	Chicken Nuggets	Nacho Bar	Assorted homemade
Marinara	Hard or Soft shell Beef	Brown Rice Pilaf	Choice of Chicken or Beef	Pizza or
Broccoli	Tacos	Green Beans	over WG tortilla chips with cheese sauce	Ghostly Toasties

There is no charge for student meals at this time Salad bar Entrees are available daily as well as a side to any hot line item. All lunches include a choice of 1% regular or fat free chocolate milk and a selection of fresh fruit. For convenient prepayment, please go to https://linqconnect.com

Garden Fresh Salad Bar

Available Daily as an Entree or a side

Crisp Romaine Lettuce **Grape Tomatoes**

Seedless Cucumber

Homemade Whole Grain Croutons

Chopped onion

Black olives

3 Bean Salad

Baby Carrots

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Office of the Assistant Secretary for Civil Rights

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Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

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