

Lake George Jr-Sr High Café' Lunch Menu

		<u>WEDNESDAY 10/1</u> WG Chicken patty or Homemade Black Bean Burger BBQ Beans	<u>THURSDAY 10/2</u> Sweet and Sour Chicken Broccoli Brown Rice	<u>FRIDAY 10/3</u> Assorted Homemade Pizza Garden Salad
<u>MONDAY 10/6</u> Homemade Mac and Cheese Buffalo or Regular Broccoli	<u>TUESDAY 10/7</u> <u>Breakfast for Lunch</u> Pancakes Sausage links Hash Browns	<u>WEDNESDAY 10/8</u> <u>Laker Bowl</u> Fresh Mashed potato, Garlic chicken breast, corn, brown gravy and a WG dinner roll	<u>THURSDAY 10/9</u> Baked Mozzarella Sticks Pasta with Sauce Corn	<u>FRIDAY 10/10</u> Superintendent's Conference day No School
<u>MONDAY 10/13</u> <u>Columbus Day</u> <u>No School</u>	<u>TUESDAY 10/14</u> Grilled Cheese Sandwich Creamy Tomato Soup	<u>WEDNESDAY 10/15</u> Chicken and Biscuits Mixed Vegetables	<u>THURSDAY 10/16</u> Chicken and cheese or Cheese Quesadillas Refried Beans	<u>FRIDAY 10/17</u> Assorted homemade Pizza or Chicken Parm Sandwich
<u>MONDAY 10/20</u> <u>Pasta Bar:</u> Penne with choice of marinara, meat sauce, alfredo or pesto. Broccoli	<u>TUESDAY 10/21</u> Chicken Caesar Salad Cheesy Breadsticks	<u>WEDNESDAY 10/22</u> Hamburger, Cheeseburger, Bacon Cheeseburger or black bean burger Oven Fries	<u>THURSDAY 10/23</u> Chipotle Roasted Pork loin Mashed Potatoes Maple glazed Carrots	<u>FRIDAY 10/24</u> Assorted Homemade Pizza Garden Salad
<u>MONDAY 10/27</u> Cheese ravioli with Marinara Broccoli	<u>TUESDAY 10/28</u> <u>Taco Tuesday</u> Hard or Soft shell Beef Tacos	<u>WEDNESDAY 10/29</u> Sloppy Joe Sandwich NY Chips	<u>THURSDAY 10/30</u> <u>Nacho Bar</u> Choice of Chicken or Beef over WG tortilla chips with cheese sauce	<u>FRIDAY 10/31</u> Assorted homemade Pizza or 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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

[This institution is an equal opportunity provider](#)