Lake George Jr-Sr High Café Lunch Menu

			THURSDAY 1/1 Holiday Recess No School	**FRIDAY 1/2** Holiday Recess No School
MONDAY 1/5 Homemade Mac and Cheese Buffalo or Regular Broccoli	**TUESDAY 1/6** Breakfast for Lunch Waffles with Fruit Hash browns and Sausage links	**WEDNESDAY1/7** Laker Bowl Fresh Mashed potato, Garlic chicken breast, corn, brown gravy and a WG dinner roll	**THURSDAY 1/8** WG Chicken Patty Spicy or regular BBQ Beans	**FRIDAY 1/9** Flip it up Friday Assorted Homemade Pizza Or BBQ Pulled Pork Sandwich
MONDAY 1/12 Pasta Bar: Penne with choice of marinara, meat sauce, alfredo or pesto. Broccoli	**TUESDAY 1/13** Chicken Caesar Salad Cheesy Breadsticks	**WEDNESDAY 1/14** Hamburger, Cheeseburger, Bacon Cheeseburger or black bean burger Oven Fries	**THURSDAY 1/15** Chicken and cheese or Bean and cheese Enchiladas Rice Pilaf and Corn	**FRIDAY 1/16** Assorted Homemade Pizza Garden Salad
MONDAY 1/19 Martin Luther King Jr. Day No School!	**TUESDAY 1/20** Baked Mozzarella sticks Pasta with marinara Corn	**WEDNESDAY 1/21** Herb roasted Chicken Rice Pilaf Garlic Green Beans	**THURSDAY 1/22** Nacho Bar Choice of Chicken or beef over WG tortilla chips with cheese sauce	**FRIDAY 1/23** Flip it up Friday Assorted Homemade Pizza Or Sloppy Joe Sandwich
MONDAY 1/26 Cheese tortellini with Marinara or Alfredo Sauce Broccoli	**TUESDAY 1/27** Grilled Cheese Sandwich Creamy tomato Soup	**WEDNESDAY 1/28** Burrito bar Chicken, Pork or Veggie With assorted toppings	**THURSDAY 1/29** Toasted Ham and cheese or Buffalo Chicken Flatbread Corn	**FRIDAY 1/30** Assorted Homemade Pizza Garden Salad

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. If you have a food allergy, please notify us. Allergen information for menu items is available.

Garden Fresh

Salad Bar

Available Daily as an Entree or a side

Red Leaf Lettuce and Baby Spinach	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, (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