

Lake George Jr-Sr High Café Lunch Menu

<u>MONDAY 3/2</u> Homemade Mac and Cheese Buffalo or Regular Broccoli	<u>TUESDAY 3/3</u> <u>Breakfast for Lunch</u> Pancakes, Bacon and Hash browns	<u>WEDNESDAY 3/4</u> <u>Laker Bowl</u> Fresh mashed potato, Garlic chicken breast, brown gravy and a WG dinner roll	<u>THURSDAY 3/5</u> Cheese or Chicken and Cheese Quesadillas Refried Beans	<u>FRIDAY 3/6</u> Assorted Homemade Pizza Garden Salad
<u>MONDAY 3/9</u> Superintendent Conference Day No School	<u>TUESDAY 3/10</u> Corned Beef and Cabbage with mustard sauce, baby carrots and a WG roll	<u>WEDNESDAY 3/11</u> Chicken or Vegetable stir-Fry	<u>THURSDAY 3/12</u> <u>Nacho Bar</u> Choice of Chicken or beef over WG tortilla chips with cheese sauce	<u>FRIDAY 3/13</u> <u>Flip-It-Up Friday</u> Homemade Pizza or Turkey/bacon/ranch wrap
<u>MONDAY 3/16</u> Spaghetti with Homemade Meatballs Broccoli	<u>TUESDAY 3/17</u> Grilled Cheese Sandwich Creamy tomato Soup	<u>WEDNESDAY 3/18</u> Hamburger, Cheeseburger, Bacon Cheeseburger or black bean burger Oven Fries	<u>THURSDAY 3/19</u> Chicken and Biscuits with mixed vegetables	<u>FRIDAY 3/20</u> Assorted Homemade Pizza Garden Salad
<u>MONDAY 3/23</u> Cheese Tortellini with Mari- nara or Alfredo Sauce Broccoli	<u>TUESDAY 3/24</u> Chicken Caesar Salad Cheesy Breadsticks	<u>WEDNESDAY 3/25</u> <u>Burrito Bar</u> Chicken, Pork or Veggie with assorted beans and toppings	<u>THURSDAY 3/26</u> Baked Mozzarella sticks Pasta with Marinara Corn	<u>FRIDAY 3/27</u> <u>Flip-It-Up Friday</u> Homemade Pizza or BBQ pulled Pork sandwich
<u>MONDAY 3/30</u> <u>Pasta Bar:</u> Penne with choice of marinara, meat sauce, alfredo or pesto. Broccoli	<u>TUESDAY 3/31</u> WG Chicken Patty or Homemade black bean burger BBQ Beans			

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

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](#), (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](#)