

Lake George Jr-Sr High Café Lunch Menu

	<p><u>TUESDAY 10/1</u></p> <p>Chicken Patty Spicy or Regular BBQ Beans</p>	<p><u>WEDNESDAY 10/2</u></p> <p>Chipotle roasted pork loin Oven roasted potatoes Broccoli</p>	<p><u>THURSDAY 10/3</u></p> <p>Baked Mozzarella Sticks Pasta with Marinara Corn</p>	<p><u>FRIDAY 10/4</u></p> <p>Assorted Homemade Pizza Garden Salad</p>
<p><u>MONDAY 10/7</u></p> <p>Homemade Mac and Cheese Buffalo or Regular Broccoli</p>	<p><u>TUESDAY 10/8</u></p> <p><u>Taco Tuesday</u> Hard or soft shell Beef Tacos Refried Beans</p>	<p><u>WEDNESDAY 10/9</u></p> <p><u>LAKER BOWL</u> Fresh mashed potato, Garlic chicken breast, corn, brown gravy and a WG dinner roll</p>	<p><u>THURSDAY 10/10</u></p> <p>Chicken Tenders Rice pilaf Green Beans</p>	<p><u>FRIDAY 10/11</u></p> <p><u>Flip-it-up Friday</u> Assorted homemade pizza or Chicken parm Sandwich</p>
<p><u>MONDAY 10/14</u></p> <p><u>Columbus Day</u> <u>No School</u></p>	<p><u>TUESDAY 10/15</u></p> <p>Grilled Cheese Sandwich Creamy tomato Soup</p>	<p><u>WEDNESDAY 10/16</u></p> <p><u>Burrito Bar</u> Chicken, Pork or Veggie with assorted beans and toppings</p>	<p><u>THURSDAY 10/17</u></p> <p><u>Breakfast for Lunch</u> Pancakes with Bacon and hash browns</p>	<p><u>FRIDAY 10/18</u></p> <p>Assorted Homemade Pizza Garden Salad</p>
<p><u>MONDAY 10/21</u></p> <p><u>Pasta Bar:</u> Penne with choice of marinara, meat sauce, alfredo or pesto. Broccoli</p>	<p><u>TUESDAY 10/22</u></p> <p>Chicken Caesar Salad Cheesy Breadsticks</p>	<p><u>WEDNESDAY 10/23</u></p> <p>Hamburger, Cheeseburger, Bacon Cheeseburger or Home-made Black Bean Burger Oven Fries</p>	<p><u>THURSDAY 10/24</u></p> <p>Chicken and biscuits with mixed vegetables</p>	<p><u>FRIDAY 10/25</u></p> <p><u>Flip-it-up Friday</u> Assorted homemade pizza or Sloppy Joe Sandwich</p>
<p><u>MONDAY 10/28</u></p> <p>Hungarian Goulash Green Beans</p>	<p><u>TUESDAY 10/29</u></p> <p>Chicken or Cheese Quesadillas Refried beans</p>	<p><u>WEDNESDAY 10/30</u></p> <p>Sweet and sour chicken Rice Broccoli</p>	<p><u>THURSDAY 10/31</u></p> <p><u>Nacho Bar</u> Choice of Chicken or Beef with assorted toppings</p>	

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

Romaine Lettuce

Grape Tomatoes

Seedless Cucumber

Homemade Whole
Grain Croutons

Chopped onion

Black olives

3 Bean Salad

Baby Carrots

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To file a program discrimination complaint, a Complainant should complete a Form AD- 3027, USDA Program Discrimination Complaint Form which can be obtained online at: [https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-](https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf)

Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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