

School Lunch September 2012

Contributed by Michael Crewse
Monday, 24 September 2012
Last Updated Monday, 24 September 2012

Lexington City Schools Cafeterias

2012 SEPTEMBER

Meal

3-Sep

4-Sep

5-Sep

6-Sep

7-Sep

Breakfast

Breakfast Bites / Juice
Chicken & Biscuit / Juice
Pancakes / Juice
Breakfast Pizza

Lunch

Cheeseburger
Taco Salad W/ Fritos
Pepperoni Pizza
Fish Sandwich or

Deli Sandwich
Shred Lettuce & Cheese
Tuna Salad Sandwich
WG Chicken Quesadilla

NO SCHOOL

Tossed Salad
Diced Tomatoes & Salsa Cups
Tossed Salad
Romaine Lettuce/ Salsa

Baked Beans
Turkey Sandwich
Veggie Sticks
Sliced Tomato

LABOR DAY

Krinkle Fries
Carrot Sticks w/ Dip
Dressing Cup
Vegetable Sticks

Pineapple Tidbits
Dried Pears
Orange Wedges
Apple Wedges

Chef Salad
Chef Salad
Chef Salad
Southwest Salad

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal
10-Sep
11-Sep
12-Sep
13-Sep
14-Sep

Breakfast
Sausage & Biscuit / Juice
Yogurts & Muffins/ Juice
Chicken & Biscuit / Juice
Waffles/ Juice

Lunch
Ham & Cheese Wrap or
Spaghetti or
Grilled Chicken Wrap or
Whole Grain Shell Beef Taco

Sweet & Sour Chicken
Sliced Baked Ham
Tuna Sandwich
or Turkey Sandwich

w/ Rice Bowl
Broccoli Salad
Spinach/Tomato Salad w/
Romaine & Tomato, Salsa

Stir Fry Vegetables
Baked Squash
Dressing Cup
Grated Cheese Cup
NO

Corn Cobbett
Bread Stick
Potato Triangles
Refried Beans
SCHOOL

Mandarin Oranges
Applesauce
Melon Cup
Fruit Cup

Chef Salad
Chef Salad
Chef Salad
Southwest Salad

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal
17-Sep
18-Sep
19-Sep
20-Sep
21-Sep

Breakfast
Sausage & Biscuit / Juice
Breakfast Bites / Juice
Chicken & Biscuit / Juice
Pancakes / Juice
Breakfast Pizza

Lunch
Hamburger or

Chicken Nuggets or
Fish Fillet
Teriyaki Chicken
Beef Fingers or

Hot Dog w/ WG Bun
Hamburger Steak w/ Gravy
Meatloaf
w/ Whole Grain Noodles
Breaded Chicken Patties

Lettuce/ Tomato
Mashed Potatoes
Mustard Greens
or Ham & Cheese Roll Up
Green Beans

Pickle/ Relish
English Peas
White Beans
Steamed Vegetables
Fresh Crisp Cole Slaw

Sweet Potato Fries
Whole Grain Roll
Hushpuppies
Baked Okra
Cornbread

Diced Peaches
Orange Wedges
Diced Pears
Apple Wedges
Pineapple

Chef Salad
Chef Salad
Chef Salad
Chef Salad
Salad / Chili Bowl/ Bread Stick

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal
24-Sep
25-Sep

26-Sep
27-Sep
28-Sep

Breakfast

Sausage & Biscuit / Juice
Bacon & Biscuit / Juice
Chicken & Biscuit / Juice
Waffles / Juice
Breakfast Pizza

Lunch

Chili Max Wrap or
Fajita
Bar-B-Que Pork Roast
Corn Dog or
Chicken Noodle

Chicken Salad Sandwich
w/ WG Tortilla or
or Country Fried Steak
Hot Ham & Cheese
Hamburger Steak

Lettuce, Tomatoes
Grilled Cheese Sandwich
Glazed Carrots
Seasoned Fries
Purple Hull Peas

Pickle Spear
Stir Fry Peppers & Onions
Lima Beans
Veggie w/ Dip
Whole Stewed Potatoes

Broccoli Salad
Refried Beans
Hot Roll
Pear Salad
Baked Apples

Orange Wedges
Bananas w/ Glaze
Peaches

Chef Salad
Southwest Chicken Salad
Chef Salad

Chef Salad
Chef Salad

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal
1-Oct
2-Oct
3-Oct
4-Oct
5-Oct

Breakfast

Lunch

Intersession
Intersession
Intersession
Intersession
NO School

Chef Salad or Specialty Salads w/ WG
Crackers and Fruit will be offered daily as an alternative lunch choice for
grades 3-8.

Student price for a full pay reimbursible breakfast is \$1.25
per day andfor a full pay reimbursible lunch is \$2 per day.

To
qualify as a reimbursible lunch, students must choose 3/4 C vegetable, 1/2 C
fruit & 1 other item. Student may choose up to five items.

2oz meat/meat alternate

Minimum 3/4 cup serving of vegetable & 1/2 cup serving of fruit daily

1 Grain Serving Daily(Maximum of 9 per week)

1Cup Milk Daily(Choice of 1% or Fat Free White Milk or Fat Free Flavored Milk)

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