

# Lewiston-Porter HS Lunch Menu

Grade 9-12 \$2.25 Pre-Pay Full or Reduced Lunches available weekly, monthly or yearly please make checks payable to Lew-Port CSD.

## September 2020



Menu is subject to change.

Breakfast Available Daily: Please make breakfast a mandatory part of your day if you are approved for Free or Reduced Lunch; you are automatically approved for Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7</b> No School Labor Day 	<b>8</b> Cheeseburger Submarine ----- Broccoli	<b>9</b> Macaroni and Cheese ----- Carrots	<b>10</b> Cheeseburger Submarine ----- Broccoli	<b>11</b> Macaroni and Cheese ----- Carrots
<b>14</b> Remote Instruction Day	<b>15</b> Chicken Patty Submarine ----- Vegetarian Beans	<b>16</b> Grilled Cheese Sandwich w/tomato soup ----- Broccoli	<b>17</b> Chicken Patty Submarine ----- Vegetarian Beans	<b>18</b> Grilled Cheese Sandwich w/tomato soup ----- Broccoli
<b>21</b> Remote Instruction Day	<b>22</b> BBQ Pork Chop w/Seasoned Rotini ----- Green Beans	<b>23</b> Meatball Submarine w/Mozzarella Cheese ----- Carrots	<b>24</b> BBQ Pork Chop w/Seasoned Rotini ----- Green Beans	<b>25</b> Meatball Submarine w/Mozzarella Cheese ----- Carrots
<b>28</b> Remote Instruction Day	<b>29</b> BBQ Pork Chop w/Seasoned Rotini ----- Corn	<b>30</b> Chicken Nuggets w/seasoned Rice ----- Broccoli		



### My Plate Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange or dark green. They not only taste great, but they're also are good for you!

### Reference:

USDA.MyPlate.gov.Internet:<http://www.myplate.gov/>

### Offered Daily

#### With all School Lunches:

Fresh NYS apples from LynOaken Farms

#### Fresh or Prepared Fruit

(served by the 1/2c portion)

#### Vegetables

(served by the 1c portions unless noted)

(Must take 1/2 cup of Fruit or Veggies)

(May take up to 1 cup)

#### NYS Milk from Upstate Farms

Skim, Low Fat White, or Low Fat Chocolate

**We serve the following Item Daily:**  
 Cheese or Cheese and Pepperoni Pizza (2M & 2G)  
 Assorted Julienne Salads w/Flatbread (2M & 2G)

Triple Decker PBJ (2M & 3G)

**Sack lunches-pick up daily 8:30-10AM HS**

**Sack- bagged Meals (breakfast & lunch)**

### Start With a:

- Vegetable
- Fruit (or take both)
- Choose Whole Grains
- Pick a lean Protein
- Add serving of milk

**Take at Least 3**