

Lew-Port Middle School Lunch Menu

Grade 6-8 \$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



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 good for you!

Reference:

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

Monday	Tuesday	Wednesday	Thursday	Friday
No School Labor Day 	8 8" Chicken Fajita Taco w/Lettuce and Cheese ----- Broccoli	9 Pork Patty on a Hamburger Bun ----- Carrots	10 8" Chicken Fajita Taco w/Lettuce and Cheese ----- Broccoli	11 Pork Patty on a Hamburger Bun ----- Carrots
14 Remote Instruction Day	15 Hamburger or Cheeseburger on a Bun ----- Vegetarian Beans	16 Meatball Sub w/Mozzarella Cheese ----- Broccoli	17 Hamburger or Cheeseburger on a Bun ----- Vegetarian Beans	18 Meatball Sub w/Mozzarella Cheese ----- Broccoli
21 Remote Instruction Day	22 Chicken Nuggets Or Julienne Salad w/Turkey And Flatbread ----- Green Beans	23 8" Taco w/Meat and Cheese ----- Carrots	24 Chicken Nuggets Or Julienne Salad w/Turkey and Flatbread ----- Green Beans	25 8" Taco w/Meat and Cheese ----- Carrots
28 Remote Instruction Day	29 Chicken Nuggets w/Seasoned Rotini ----- Corn	30 Grilled Cheese Sandwich w/Tomato Soup ----- Broccoli		

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 3/4c 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)
 PB&J Sandwich (2M-2G)

Start With a:

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

Take at Least 3