

# Lackawanna Trail High School Lunch Menu October 2024

Director of Food & Nutrition

Erin Kirykuk  
570.945.5181 ext 3212  
Kirykuk@LTSD.org



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  | <b>1</b><br>BBQ Pulled Pork Sandwich<br>BBQ Baked Beans<br>Mandarin Oranges<br><br>Popcorn Chicken w/ Rice                        | <b>2</b><br>Brunch for Lunch<br>French Toast Sticks w/<br>Sausage<br>Crispy Tater Tots<br>Sliced Peaches<br><br>Meatball Parm Hoagie | <b>3</b><br>Taco Bar<br>Beef or Chicken<br>Rice<br>Buttered Corn<br>Pineapple Tidbits<br><br>Hot Ham & Cheese Pretzel | <b>4</b><br>Buffalo Chicken Flatbread<br>Steamed Broccoli<br>Applesauce<br><br>Corn Dog Nuggets            |
| <b>7</b><br>Sloppy Joe Sandwich<br>Green Beans<br>Mixed Fruit<br><br>BBQ Rib Sandwich                | <b>8</b><br>Loaded Chicken Tacho<br>Bowl<br>Buttered Corn<br>Diced Pears<br><br>Hot Ham & Cheese Pretzel                          | <b>9</b><br>Chicken & Biscuits w/ Gravy<br>Mashed Potatoes<br>Warm Cinnamon Apples<br><br>Meatball Parm Hoagie                       | <b>10</b><br>Hot Dog Bar<br>Tater Tots<br>Diced Peaches<br><br>Popcorn Chicken w/ Garlic<br>Breadstick                | <b>11</b><br>No School<br><br>Act 80   |
| <b>14</b><br>No School<br>Columbus Day   | <b>15</b><br>Twin Soft Beef Tacos<br>Rice<br>Buttered Corn<br>Pineapple Tidbits<br><br>Hot Ham & Cheese Pretzel                   | <b>16</b><br>Popcorn Chicken Mashed<br>Potato Bowl<br>Applesauce<br><br>Meatball Parm Hoagie   | <b>17</b><br>Pasta Bar<br>Green Beans<br>Mixed Fruit<br><br>Popcorn Chicken w/ Garlic<br>Breadstick                   | <b>18</b><br>Italian Dunkers w/ Dipping<br>Sauce<br>Steamed Carrots<br>Diced Pears<br><br>Corn Dog Nuggets |
| <b>21</b><br>Pasta w/ Meatsauce<br>Green Beans<br>Applesauce<br><br>BBQ Rib Sandwich                 | <b>22</b><br>Cheesy Chicken Nachos<br>Rice<br>Fiesta Corn Salad<br>Mandarin Oranges<br><br>Hot Ham & Cheese Pretzel               | <b>23</b><br>Teriyaki Chicken w/ Rice<br>Mixed Vegetables<br>Pineapple Tidbits<br><br>Meatball Parm Hoagie                           | <b>24</b><br>Mac & Cheese Bar<br>Steamed Carrots<br>Diced Pears<br><br>Popcorn Chicken w/ Garlic<br>Breadstick        | <b>25</b><br>Bacon Cheeseburger<br>French Fries<br>Mixed Fruit<br><br>Corn Dog Nuggets                     |
| <b>28</b><br>Hot Honey Chicken<br>Sandwich<br>Steamed Carrots<br>Mixed Fruit<br><br>BBQ Rib Sandwich | <b>29</b><br>Chicken Fajitas w/ Peppers<br>& Onions<br>Rice<br>Mixed Vegetables<br>Sliced Peaches<br><br>Hot Ham & Cheese Pretzel | <b>30</b><br>Penne Rosa w/ Garlic<br>Breadstick<br>Green Beans<br>Diced Pears<br><br>Meatball Parm Hoagie                            | <b>31</b><br>Burger Bar<br>French Fries<br>Applesauce<br><br>Popcorn Chicken w/ Garlic<br>Breadstick                  | BBQ Chicken Flatbread<br>Buttered Corn<br>Diced Peaches<br><br>Corn Dog Nuggets                            |

### THE PIZZERIA

Weekly Specialty Pizza:

Monday: White

Tuesday: Pepperoni & Cheese Stromboli

Wednesday: Sausage

Thursday: Buffalo Chicken

Friday: Hot Honey Chicken

### THE GRILL

Weekly Grill Specials  
All grill options served w/ fries or tots

Monday: Whole Muscle Chicken Patty Sandwich

Tuesday: Spicy Chicken Sandwich

Wednesday: Chicken Bacon Ranch Sandwich

Thursday: Whole Muscle Dill Chicken Sandwich

Friday: Chicken Nuggets

### GRAB N' GO

Weekly Grab & Go Specials

Monday: Ham & Cheese Sub; Garden Salad w/ Egg

Tuesday: Turkey & Cheese Ciabatta; Chicken Caesar Salad

Wednesday: Buffalo Chicken Wrap; Chef Salad

Thursday: Italian Hoagie; Grilled Chicken Salad

Friday: Garlic Parm Chicken Sub; Buffalo Chicken Salad

### WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.  
Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread, and Choice of Milk  
\*Students must choose at least one fruit or vegetable

### MILK OPTIONS

1% White, Fat Free Chocolate

### FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots  
Dark Leafy Greens | Legume Salads  
Celery & Cucumber

\*May choose two 1/2 cup servings  
Crisp Apple | Sliced Peaches | Mixed Fruit  
Fresh Orange | Banana | Pineapple Tidbits  
Diced Pears | Applesauce

\*K-8 may choose up to 1/2 cup serving.  
9th-12th may choose two 1/2 cup servings

### ALTERNATE MENU OPTIONS

Daily Pizza Options:  
Cheese Pizza  
Pepperoni Pizza

Daily Grill Options:  
Juicy Cheeseburger on a Bun

Daily Grab & Go Options  
Crispy Chicken Salad, Peanut Butter and Jelly, Yogurt Cup or Yogurt & Fruit Parfait

