

# Lackawanna Trail High School

## November 2024 Lunch Menu



Director of Food & Nutrition

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> BBQ Chicken Flatbread or Corn Dog Nuggets  Buttered Corn Diced Peaches
<b>4</b> Cheesy Lasagna Roll Ups or BBQ Rib Sandwich Fresh Steamed Green Beans Mixed Fruit	<b>5 Apple Crunch Day</b> Chicken & Waffles or Hot Ham & Cheese Pretzel Sandwich French Fries Fresh Baked Apples	<b>6</b> Walking Tacos w/ Rice or Meatball Parm Hoagie Buttered Corn Mandarin Oranges	<b>7</b> Cheese Steak Bar (Chicken or Steak) or Popcorn Chicken w/ Garlic Bread Crispy Tater Tots Diced Peaches	<b>8</b> Buffalo Chicken Flatbread or Corn Dog Nuggets Mixed Vegetables Diced Pears
<b>11</b> Chicken Nuggets w/ Buttered Noodles or BBQ Rib Sandwich Steamed Broccoli Applesauce	<b>12</b> Pasta w/ Meatballs or Hot Ham & Cheese Pretzel Sandwich Oven Roasted Carrots Diced Pears	<b>13</b> Brunch for Lunch or Meatball Parm Hoagie Crispy Tater Tots Diced Peaches	<b>14</b> Taco Bar w/ Rice or Popcorn Chicken w/ Rice Buttered Corn Pineapple Tidbits	<b>15</b> Beef & Cheese Loaded Fries or Corn Dog Nuggets Sweet Peas Mixed Fruit
<b>18</b> Bacon Cheeseburger or BBQ Rib Sandwich French Fries Mandarin Oranges	<b>19</b> Loaded Chicken Tacho Bowl or Hot Ham & Cheese Pretzel Sandwich Green Beans Applesauce	<b>20 Harvest Feast</b> Oven Roasted Turkey Creamy Mashed Potatoes w/ Gravy Savory Stuffing Cranberry Sauce Warm Apple Crisp	<b>21</b> Lion Attack Wrap or Popcorn Chicken w/ Rice Buttered Corn Diced Peaches	<b>22</b> Italian Dunkers w/ Marinara Sauce or Corn Dog Nuggets Steamed Broccoli Diced Pears
<b>25</b> Bosco Sticks (Mozzarella Stuffed Breadsticks) w/ Marinara or BBQ Rib Sandwich Mixed Vegetables Pineapple Tidbits	<b>26</b> Boneless Wing Bites Buffalo, Honey BBQ or Honey Mustard Hot Ham & Cheese Pretzel Sandwich Tater Tots Mandarin Oranges	<b>27</b> Early Dismissal No Lunch	<b>28</b> Thanksgiving Break No School	<b>29</b> Thanksgiving Break No School

### THE PIZZERIA

Weekly Pizza Specials

Monday: White Pizza

Tuesday: Pepperoni & Cheese Stromboli

Wednesday: Sausage Pizza

Thursday: Buffalo Chicken Pizza

Friday: Nashville Hot Honey Chicken Pizza

### THE GRILL

Weekly Grill Specials

All grill options serves w/ fries or tots

Monday: Crispy Whole Muscle Chicken Sandwich

Tuesday: Spicy Chicken Sandwich

Wednesday: Chicken Bacon Ranch Wrap

Thursday: Crispy Whole Muscle Dill Chicken Sandwich

Friday: Chicken Nuggets

### GRAB N' GO

Weekly Grab & Go Deli 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, FF 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 | Mandarin Oranges  
Grapes | Diced Pears

\*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 or Pepperoni

Daily Grill Options:  
Juicy Cheeseburger on a Bun

Daily Grab & Go Options:  
Crispy Chicken Salad, Peanut Butter & Jelly, Yogurt Cup

