

# LMS BLAZER CAFÉ MENU January 19 - 28

Jan. 17  <b>NO SCHOOL</b>	18  <b>NO SCHOOL</b>	19 Tangerine Chicken w/ Rice & Dinner Roll Tuna Salad Croissant Cold Sandwiches & PBJ Power Pk  Steamed Broccoli Baby Carrots & Cucumber Slices  Strawberry Cup Milk	20 Sloppy Joe on Roll Chicken Bacon Ranch Wrap Cold Sandwiches & PBJ Power Pk  Green Beans Cole Slaw  Diced Pears Milk	21 Pizza Cheese Crunchers Asian Chicken Wrap Cold Sandwiches & PBJ Power Pk  Peas & Carrots Baby Carrots  Applesauce Milk
24 Chicken Nuggets w/ Dinner Roll Chicken Caesar Wrap Cold Sandwiches & PBJ Power Pk  Steamed Broccoli Baby Carrots  Diced Peaches Milk	25 Spaghetti w/ Meat Sauce & Garlic Bread BLT Wrap Cold Sandwiches & PBJ Power Pk  Tossed Salad Cucumber Slices  Pineapple Tidbits Milk	26 Grilled Cheese w/ Tomato Soup Hawaiian BBQ Chicken Wrap Cold Sandwiches & PBJ Power Pk  Baked Beans Baby Carrots  Raisins Milk	27 Popcorn Chicken w/ Dinner Roll Turkey Salad Croissant Cold Sandwiches & PBJ Power Pk  Mashed Potatoes Corn  Applesauce Milk	28 Cheeseburger on Roll Turkey Bacon Flatbread Cold Sandwiches & PBJ Power Pk  Green Beans Baby Carrots  Blue Raspberry Fruit Juice Slushie Milk

Cold Sandwich Options may include: Turkey & Cheese, Ham & Cheese, Sweet Bologna & Cheese, American Hoagie and a Vegetarian Option (Vegetarian option will vary each week)

Additional Fruit Choices may include: Apple, Banana, Craisins, Orange, Raisins, Orange Juice, Fruit Juice Slushie, Fresh Fruit in Season

Milk Choices: 1% White Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk and Lactaid

## Meal Pricing:

**All Students receive a Free lunch every school day**

You may apply for Free/Reduced meals at any time at [www.paschoolmeals.com](http://www.paschoolmeals.com).

Free/Reduced lunch status may qualify you for additional discounts and benefits beyond the school lunch program.

Menu subject to change due to product availability

A la carte options available - student must have money in their lunch account to purchase.

Deposits to lunch accounts may be made online at [www.schoolcafe.com](http://www.schoolcafe.com) or by using the drop box in the gathering area. Please place cash/check in an envelope with student name and ID number. Students will need money in their lunch account for any a la carte items they wish to purchase.



## The Pennsylvania Harvest of the Month for January is Sweet Potatoes

Did you know? Sweet potatoes are one of the top sources of Vitamin A (in the form of beta carotene) which is important for your eye health.