

LANCASTER
MENNONITE

Additional Vegetables at the Cold Vegetable Bar and Milk come with each meal. Other Fruit choices available

****Turkey Ham available for those who don't eat pork**

Cold Entree- Choices may include: Turkey & Cheese, Ham & Cheese, Hoagie, PBJ Uncrustable, Yogurt Parfait , Yogurt & String Cheese Power Pack or Charcuterie Box
Cold Vegetable Bar may include: Tossed Salad, Carrots, Cucumber, Tomatoes, Broccoli, Cauliflower, Celery, Beans, Cole Slaw and other assorted Cold Vegetables & Salads
Fruit Choices may include: Apple, Banana, Assorted Canned or Frozen Fruit, Orange, Craisins, Raisins, Fruit Juice, Fruit Juice Slushie, Fresh Fruit in Season
Milk Choices: 1% White Milk, 1% Chocolate Milk, Fat Free Strawberry Milk and Lactaid

Meal Pricing 6-12th grade: Cold Entree meals \$3.50 Hot Entrée meals \$3.75 Entrée Salad or Charcuterie Box \$4.00 Reduced priced meal \$0.00 You may apply for Free/Reduced meals at any time: www.paschoolmeals.com	Deposits to lunch accounts may be made online at Schoolcafe.com or by using the drop box inside the serving area doors. Please place cash/check in an envelope with student name and ID number.	The PA Harvest of the Month for December is CABBAGE. Did you Know? Cabbage is a member of the same family as broccoli and kale, and a good source of vitamins C and K, as well as fiber and folate.	Menu subject to change due to product availability A la carte options available - student must have money in their lunch account to purchase.	Eat lunch with us! We offer lunches each day with whole grain, healthy protein, fresh fruits and vegetables and low-fat milk. Our meals also adhere to lower levels of sodium, fat and added sugars.
--	---	--	---	--