

LM BLAZER CAFÉ MENU October 2 - 13, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Nuggets w/ Sun Chips Meatball Sub Ham & Swiss on Pretzel Roll Asian Chicken Salad Baked Beans Strawberry Cup Choice of Fruit & Milk	Grilled Cheese & Tomato Soup Corn Dog Nuggets Tuna Salad Croissant Chicken Caesar Salad Tossed Salad Fruit Juice Slushie Choice of Fruit & Milk	Lasagna w/ Garlic Texas Toast Hot & Spicy Chicken Sandwich Chickpea Wrap Southwest Chicken Salad Kale and Apple Salad Applesauce Choice of Fruit & Milk	General Tso Chicken w/ Rice & Roll No Hot Alternate Turkey Pesto Wrap Apple Cranberry Salad w/ Chicken Steamed Broccoli Mandarin Oranges & Pineapple Choice of Fruit & Milk	Bacon, Egg & Cheese Croissant Pork BBQ on Kaiser Roll Chicken Caesar Wrap Crispy Chicken Salad Smiley Fries Diced Peaches Choice of Fruit & Milk
9	10	11	12	13
Pizza Cheese Crunchers Chicken Quesadilla American Hoagie Chicken Caesar Salad Baked Beans Applesauce Choice of Fruit & Milk	Popcorn Chicken Bowl w/ Roll No Hot Alternate Greek Veggie Wrap Asian Chicken Salad Mashed Potatoes & Corn Diced Peaches Choice of Fruit & Milk	Bacon Cheeseburger Wild Mike's Jalapeno Bites Buffalo Ranch Chicken Salad Croissant Strawberry Spinach Salad w/ Grilled Chicken French Fries Apple Crisp Choice of Fruit & Milk	MAX Mozzarella Cheese Sticks Sloppy Joe Sandwich Asian Chicken Wrap Crispy Chicken Salad Steamed Broccoli Strawberry Cup Choice of Fruit & Milk	PARENT / TEACHER CONFERENCES NO SCHOOL

Cold Sandwich Options may include: Turkey & Cheese, Ham & Cheese, Sweet Bologna & Cheese, American or Italian Hoagie, PBJ Uncrustable or Yogurt & String Cheese Power Pack

Daily **Cold Vegetable Bar** may include: Tossed Salad, Carrots, Cucumber, Tomatoes, Broccoli, Cauliflower, Garbanzo or Black Beans, Cole Slaw or other Cold Vegetable Salads

Fruit Choices may include: Apple, Banana, Assorted Canned or Frozen Fruit, Orange, Craisins, Raisins, Orange/Apple Juice, Fruit Juice Slushie, Fresh Fruit in Season

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

You may apply for **Free/Reduced meals** at any time at www.paschoolmeals.com.

Meal Pricing 6-12th grade:

- Cold Sandwich meals \$3.50
- Hot Entrée meals \$3.75
- Salad Entrée meal \$4.00
- Reduced priced lunch \$0.00

Deposits to lunch accounts may be made online at www.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



Menu subject to change due to product availability

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

The **Pennsylvania Harvest of the Month** for OCTOBER is APPLES

We'll be serving fresh apples grown in PA in our cafeteria this month.

Did you Know? Pennsylvania grows 400 to 500 MILLION pounds of apples each year.