

LM BLAZER CAFE MENU September 30 - October 11, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 30	Oct. 1	2	3	4
Chicken Nuggets w/ Sun Chips No Hot Alternate No Salad Entrée* Ham & Swiss on Pretzel Roll Baked Beans & Potato Salad Mixed Berries	Cheese Pizza or Supreme Pizza Sloppy Joe Sandwich No Salad Entrée* American Hoagie Tossed Salad & Cold Vegetable Bar Applesauce	Brunch Lunch No Hot Alternate No Salad Entrée* Ham & Swiss on Pretzel Roll Hashbrowns & Cold Vegetable Bar Orange Juice	Chicken Patty on Roll No Hot Alternate No Salad Entrée* Turkey & Pepper Jack on Croissant Corn & Cold Vegetable Bar Strawberry Cup	Lasagna w/ Garlic Knot Hot & Spicy Chicken Sandwich No Salad Entrée* Ham & Swiss on Pretzel Roll Steamed Broccoli & Paradise Punch Diced Peaches
7	8	9	10	11
Chicken Etti & Dinner Roll Bosco Cheese Sticks Crispy Chicken Salad Italian Hoagie Peas & Cold Vegetable Bar Diced Peaches	Grilled Cheese w/ Tomato Soup Corn Dog Nuggets Chef Salad Chicken Bacon Ranch Wrap Tossed Salad & Cold Vegetable Bar Fruit Juice Slushie	General Tso Chicken w/ Rice & Roll No Hot Alternate Chicken Ceasar Salad Ham & Swiss on Pretzel Roll Broccoli & Cold Vegetable Bar Strawberry Cup	Bacon Cheeseburger No Hot Alternate No Salad Entrée* Turkey Cranberry Wrap Waffle Fries & Cold Vegetable Bar Applesauce	NO SCHOOL Parent Teacher Conferences

Milk comes with each meal. Other Fruit choices available. Additional Vegetables at the Cold Vegetable Bar available when noted on the menu.

* Due to ongoing staffing shortages, entrée salads may not be available every day. Please check menu for likely availability.

Additional items offered every day:

Cold Entrees- Choices may include: Turkey & Cheese, Ham & Cheese, American or Italian Hoagie, PBJ Uncrustable, Yogurt Parfait or Yogurt & String Cheese Power Pack

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

Cold Vegetable Bar (when offered) may include: Tossed Salad, Carrots, Cucumber, Tomatoes, Broccoli, Cauliflower, Beans, Cole Slaw or other assorted Cold Vegetable Salads

Meal Pricing 6-12th grade:

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

You may apply for Free/Reduced meals at any time at Schoolcafe.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 **Pennsylvania Harvest of the Month** for October is APPLES.

Did you Know?

About one third of Pennsylvania's apple crop is sold fresh. The remainder is processed to make products such as cider, applesauce, pies and juice.

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.