



LOYALSOCK TOWNSHIP SCHOOL DISTRICT  
**MIDDLE/HIGH SCHOOL**  
**MENU**  
**DECEMBER 2018**  
 BREAKFAST \$1.30 REDUCED .30  
 LUNCH \$2.65 REDUCED .40  
 \*MENU SUBJECT TO CHANGE\*  
 \*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**\*BUILD A HEALTHY LUNCH!**

- \*CHOOSE 1 ENTRÉE
- \*CHOOSE 1 OR 2 VEGGIES/ VEGGIE SALADS
- \*CHOOSE 1 FRUIT
- \*CHOOSE YOUR MILK

**Prepay On-line!**

**Go to [mySchoolBucks.com](http://mySchoolBucks.com)**

**BREAKFAST NOTES**

- \*Breakfast Entrée Options may include: Benefit Bar, Stuffed Bagel, Breakfast Bun, Cinni-Minis, Cereal, Muffin, Pop Tart
- \*Fruit options may include: Fresh Apples, Bananas and Oranges
- \*100% Fruit Juice options include: Orange, Apple and Grape juice varieties
- \*Milk options: Fat Free & 1% Unflavored Milk and 1% Flavored Milk—Chocolate, Strawberry & Vanilla

**AVAILABLE DAILY AT LUNCH :**

- \*PBJ \*Yogurt Parfait \*Chef Salad
- \*Fresh Creations Deli— Subs/Wraps/Sandwiches /Salads Made To Order
- \*Fruit & Veggie Bar
- \*Fat Free & 1% Unflavored Milk and 1% Flavored Milk— Chocolate, Strawberry & Vanilla

**\*VEGAN OR VEGETARIAN?**

No Problem—Visit the deli for options OR ask your server

**MONDAY SPECIALS**

- Lancer Burger/Hamburger/ Veggie Burger
- Buffalo Chicken & Cheese Pizza

**TUESDAY SPECIALS**

- Spicy/Crispy Chicken Sandwich
- Mickey's Pizza— Cheese or Pepperoni

**WEDNESDAY SPECIALS**

- Buffalo Chicken Flatbread
- Big Daddy's Pizza— 4 Cheese & 4 Meat


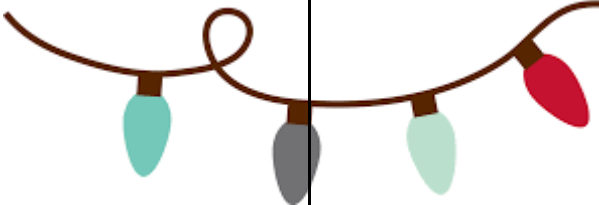


**THURSDAY SPECIALS**

- Cheeseburger/Hamburger/ Veggie Burger
- Bosco Stuffed Crust Pizza

**FRIDAY SPECIALS**

- Spicy/Crispy Chicken Sandwich
- Sock Pizza— Garlic White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3  <b>Breakfast: French Toast Sticks/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Chicken Nuggets with Seasoned Noodles            Glazed Carrots            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>4  <b>Breakfast: Breakfast Croissant Sandwich/Fruit/Juice/ Milk</b>  <b><u>LUNCH</u></b>            Walking Taco Bar            Steamed Corn            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>5  <b>Breakfast: Breakfast Pizza/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Toasty Ham &amp; Cheese Croissant            Waffle Taters/Green Beans            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>6  <b>Breakfast: Warm Breakfast Ring/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Homemade Chicken Pot Pie w/ Roll            Steamed Broccoli            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>7  <b>Breakfast: Sausage &amp; Cheese Biscuit/Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Calzone— Cheese or Pepperoni            Power Peas            Variety of Fruits &amp; Veggies            Variety of Milk</p>
<p>10  <b>Breakfast: French Toast Sticks/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Hot Diggity Dog            Golden Fries/Baked Beans            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>11  <b>Breakfast: Breakfast Croissant Sandwich/Fruit/Juice/ Milk</b>  <b><u>LUNCH</u></b>            Popcorn Chicken Bowl w/Roll            Mashed Potatoes/Corn            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>12  <b>Breakfast: Breakfast Pizza/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Grilled Cheese Sandwich &amp; Tomato Soup/Crackers            Seasoned Broccoli            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>13  <b>Breakfast: Warm Breakfast Ring/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            General Tso's Chicken &amp; Rice Bowl w/ Egg Roll            Oriental Veggies            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>14  <b>Breakfast: Sausage &amp; Cheese Biscuit/Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Homemade Mac &amp; Cheese            Zesty Zucchini &amp; Tomatoes            Variety of Fruits &amp; Veggies            Variety of Milk</p>
<p>17  <b>Breakfast: French Toast Sticks/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Chicken Tenders with Roll            Spiral Taters/Bean Blend            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>18  <b>Breakfast: Breakfast Croissant Sandwich/Fruit/Juice/ Milk</b>  <b><u>LUNCH</u></b>            Old School Crunchy Taco Bar with Fiesta Rice            Refried Beans            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>19  <b>Breakfast: Breakfast Pizza/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            French Toast Sticks &amp; Sausage            Hashbrown Potatoes            Mixed Veggies            Variety of Fruits &amp; Veggies            Variety of Milk</p>	<p>20  <b>Breakfast: Warm Breakfast Ring/ Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Hot Turkey Sandwich/Gravy w/ Mashed Potatoes            Green Beans            Variety of Fruits &amp; Veggies            Variety of Milk  <b>*HOLIDAY COOKIE*</b></p>	<p>21  <b>Breakfast: Sausage &amp; Cheese Biscuit/Fruit/Juice/Milk</b>  <b><u>LUNCH</u></b>            Bosco Bread Sticks with Marinara Dipping Sauce            Honey Sweet Carrots            Variety of Fruits &amp; Veggies            Variety of Milk  <b>*K-12 EARLY DISMISSAL*</b></p>

<p>24</p> <p><b>NO SCHOOL THIS WEEK.</b></p> <p><b>SEE YOU IN THE NEW YEAR!</b></p>	<p>25</p> 	<p>26</p> 	<p>27</p>	<p>28</p> 
<p>31</p> <p><b>NO SCHOOL TODAY</b></p>	<p>1</p> 	<p>2</p> <p><b>Breakfast: Breakfast Pizza/ Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p><b>SOCK Build-A-Burger Deluxe</b></p> <p>Potato Triangles Golden Corn Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>3</p> <p><b>Breakfast: Warm Breakfast Ring/ Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p><b>Create-A-Bowl: Loco Bueno</b></p> <p>Ultimate Nacho Bar Spicy Pinto Beans Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>4</p> <p><b>Breakfast: Fruit Smoothie &amp; Grahams/Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Boneless Chicken Wings w/ Corn Bread Lemon Parm Roasted Broccoli Variety of Fruits &amp; Veggies Variety of Milk</p>

**LUNCH NOTES**

**Variety of Fruits may include: Banana, Fresh Orange, Local Apples, Tropical Pineapple, Juicy Sliced Peaches, Chilled Applesauce, Mixed Fruit, Pear Slices, Mandarin Oranges, 100% Juice Frosty Fruit Freeze**

**Variety of Veggies may include: Baby Carrots, Crisp Celery Sticks, Broccoli Florets, Fresh Cauliflower, Grape Tomatoes, Garden Salad, Rainbow Bean Salad, Chicka Chicka Boom Boom Salad, Spinach Salad, Romaine Caesar Salad, Mixed Pepper Strips, Tomato Cucumber Salad, Tasty Black Bean & Corn Salad, Vegetable Soup, Veggie Loaded Pasta Salad, Zesty Cole Slaw**

