

LAKELAND HIGHLANDS MIDDLE SCHOOL - LUNCH

APRIL 2018

Visit us online for nutrition information and more!

www.polk-fl.net search keyword: Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe Nachos Romaine & Tomato Seasoned Pinto Beans Chilled Fruit	3 Cheesy Turkey Mac w/WW Italian Bread Steamed Broccoli Fresh Veggies Fresh Fruit	4 Shepherd's Pie w/WW Roll Potatoes in Pie Green Beans Chilled Fruit	5 Chicken Patty Sandwich Sweet Potato Fries Corn on the Cob Spiced Fruit	6 Pizza Steamed California Blend Popeye Salad Frozen Juice Cup
9 Asian Chicken Rice Bowl Veggie Egg Roll Stir-Fry Vegetables Fresh Fruit	10 Beef Stroganoff Corn Garden Salad Chilled Fruit	11 Fish Nuggets w/Cookie Cole Slaw Steamed Carrots Fresh Fruit	12 Chicken Tenders w/WW Roll Green Beans Fresh Veggies Chilled Fruit	13 Cheeseburger Potato Fries Baked Beans Applesauce
16 Spaghetti w/WG Breadstick Steamed California Blend Garden Salad Fresh Fruit	17 Turkey & Rice w/WW Roll Steamed Broccoli Fresh Veggies Chilled Fruit	18 Chicken Bites Corn Baked Beans Spiced Fruit	19 Korean BBQ Beef Tacos Asian Slaw Sweet Potato Fries Chilled Fruit	20 Pizza Green Beans Popeye Salad Frozen Juice Cup
23 Chicken Drumsticks w/Yellow Rice Steamed Broccoli Fresh Veggies Fresh Fruit	24 Chicken Soft Tacos Romaine & Tomato Nacho Chips & Salsa Chilled Fruit	25 Baked Ziti w/WG Breadstick Steamed California Blend Popeye Salad Fresh Fruit	26 Cuban Flatbread Seasoned Black Beans Fresh Veggies Chilled Fruit	27 Cheeseburger Potato Fries Garden Salad Applesauce
30 Cheesy Turkey Mac w/WG Italian Bread Steamed Broccoli Fresh Veggies Fresh Fruit				

Student may choose one entrée and three sides. A variety of milk is offered daily.

Menu is subject to change without notice.

A SALAD & SANDWICH CHOICE WILL BE OFFERED DAILY.



This institution is an equal opportunity provider and employer.