

# LIMESTONE MIDDLE SCHOOL



## MEAL PRICING:

|                     |        |
|---------------------|--------|
| Lunch Full Price    | \$3.00 |
| Reduced Lunch Price | \$.40  |
| Milk Only           | \$.50  |

## LUNCH Menu

## August-December 2023

| WEEK     | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|----------|---|--|---|--|--|
| <b>1</b> | Country Breakfast Bake<br>Scrambled Eggs/Sausage/<br>Potatoes<br>Donut Holes<br>Apple Juice | Tacos<br>Beef/Cheese<br>Rice<br>Mixed Fruit              | Hot Dog/Bun<br>Baked Beans<br>Pears<br>Cookie                   | Chicken Patty/Bun<br>Carrots<br>Goldfish<br>Apple Slices   | Pizza<br>Toss Salad<br>Tomato<br>Juice         |
| <b>2</b> | French Toast Sticks<br>Sausage<br>Tri-Tator<br>Orange Juice                                 | Nacho<br>Beef/Cheese<br>Salsa<br>Mandarin<br>Oranges     | Chicken Nuggets<br>Roll<br>Sweet Potatoes<br>Fried<br>Pineapple | Hamburger /Bun<br>Baked Beans<br>Mixed Fruit<br>Cookie     | Pizza<br>Toss Salad<br>Tomato<br>Pears         |
| <b>3</b> | Pancake Wrap<br>Tri-Tator<br>Apple Juice  | Cheese Quesadilla<br>Chips/Salsa<br>Sidekick Icee        | BBQ/Bun<br>Baked Beans<br>Goldfish<br>Applesauce                | Ham/Cheese Sandwich<br>Green Beans<br>Mandarina<br>Oranges | Pizza<br>Toss Salad<br>Tomato<br>Juice         |
| <b>4</b> | French Toast Sticks<br>Sausage<br>Tri-Tator<br>Orange Juice                                 | Walking Taco<br>Beef/Cheese<br>Rice<br>Corn<br>Pineapple | Turkey Wrap<br>Goldfish<br>Carrots<br>Peaches                   | Chicken Nuggets<br>Buttered Noddle's<br>Peas<br>Peaches    | Pizza<br>Toss Salad<br>Tomato<br>Sidekick Icee |

Lunch Menu subject to change

Fresh or Canned Fruit offered Daily

1% White Milk and Fat Free White and Chocolate Milk offered Daily

Entrée-\$2.35  
Yogurt Parfait-\$2.00  
Yogurt- \$.75  
Juice-\$.75  
8 oz Water-\$.90  
16 oz Water-\$1.25



## NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations!
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.<sup>2</sup>

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  |    |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | X  | X  | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | X  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | NL | 28 | 29 | 30 |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    |    |
| 1  | 2  | 3  | 4  | X  | X  | 7  |
| 8  | X  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | NL | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    |    |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | X  | X  | X  | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    |    |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | X  | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

■ Week 1 Meal Plan    
 ■ Week 2 Meal Plan    
 ■ Week 3 Meal Plan    
 ■ Week 4 Meal Plan

X Means No School, NL Means No Lunch First Day of Lunch will be August 16<sup>th</sup>. To read the menu look at the calendar, find the date, look for the color, then look at the menu & that represents what we are serving