

Monday	Tuesday	Wednesday	Thursday	Friday
2 Goulash Garlic Toast Fruits and Vegetables Milk	3 Chicken Quesadilla Brown Rice Beans / Corn Fruits and Vegetables Milk	4 Hamburger / Cheeseburger Baked Beans Fruits and Vegetables Milk	5 Chicken and Biscuits Mashed Potatoes Fruits and Vegetables Milk	6 Italian Dunkers Marinara Sauce Homemade Dessert Fruits and Vegetables Milk
9 Sloppy Joe Macaroni Salad Fruits and Vegetables Milk	10 Chicken Cantina Bowl Chicken / Brown Rice Beans / Corn Fruits and Vegetables Milk	11 Grilled Cheese Sandwich Homemade Soup Fruits and Vegetables Milk	12 Macaroni and Cheese BBQ Chicken Fruits and Vegetables Milk	13 EARLY RELEASE <i>Bagged Lunch</i>
16 NO SCHOOL  <i>Winter Break</i>	17 NO SCHOOL  <i>Winter Break</i>	18 NO SCHOOL  <i>Winter Break</i>	19 NO SCHOOL  <i>Winter Break</i>	20 NO SCHOOL  <i>Winter Break</i>
23 Teriyaki Chicken Lo Mein Fruits and Vegetables Milk	24 Beef Nachos Homemade Cheese Sauce Brown Rice Beans / Corn Fruits and Vegetables Milk	25 <i>Brunch for Lunch!</i> Homemade Muffin Scrambled Eggs / Sausage Links Home Fries / Yogurt / Granola Fruits and Vegetables Milk	26 Buffalo Chicken Wrap Pasta Salad Fruits and Vegetables Milk	27 Italian Dunkers Marinara Sauce Homemade Dessert Fruits and Vegetables Milk

We Proudly Use These Local Vendors!

Juniper Hill Farm- Produce + Fresh Eggs
 Essex Food Hub – Apples / Pasta
 North Country Creamery - Yogurt
 Donahue's Livestock and Lucki7 - Beef
 Glaziers - Milk



Lake View School encourages all students to select a complete meal containing all 5 food components at lunch.

Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J or Egg Salad Sandwich. All students eat free meals! If you have a food allergy, please notify us.