

# Eaton Rapids Public Schools Lockwood Elementary

## Five Week Cycle Menu 2010-2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH MENU #1</b>				
Little Caesars Pizza Vegetable Choice Fruit Choice 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Chef Salad Whole Wheat Dinner Roll Snap Peas Mixed Fruit 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Hamburger Gravy Mashed Potatoes Petite Peas Sliced Peaches 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Grilled Cheese & Tomato Soup Diced Pears 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Chicken Fajita Refried Beans Pineapple Tidbits 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread
<b>LUNCH MENU #2</b>				
Little Caesars Pizza Vegetable Choice Fruit Choice 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Meat & Cheese Nachos Refried Beans Mandarin Oranges 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Whole Wheat Spaghetti in Meat Sauce Garlic Toast Tossed Salad Tropical Fruit 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Cheeseburger on Whole Wheat Sweet Potato Fries Diced Peaches 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Chicken Quesadilla Butter Beans Applesauce Whole Wheat Bread Slice 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread
<b>LUNCH MENU #3</b>				
Little Caesars Pizza Vegetable Choice Fruit Choice 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Hot Dog on Whole Wheat Bun Potato Rounds Orange Wedges 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Salisbury Steak with gravy Mashed Potatoes Applesauce Whole Wheat Dinner Roll 1% Milk Choice Chicken Nuggets/Whole Wheat Bread	Kids Choice-Go to our website and vote for the menu of the day  Chicken Nuggets/Whole Wheat Bread	Beef Teriyaki Dippers Green Beans Banana 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread
<b>LUNCH MENU #4</b>				
Little Caesars Pizza Vegetable Choice Fruit Choice 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Pizza Dippers With Sauce California Blend Pineapple Tidbits 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Sweet & Sour Chicken Asian Melody Whole Wheat Dinner Roll Sliced Peaches 1% Milk Choice Chicken Nuggets/Whole Wheat Bread	Cooks Choice Vegetable Fruit 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Grilled Chicken on Whole Wheat Bun Green Beans Tropical Fruit 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread
<b>LUNCH MENU #5</b>				
Little Caesars Pizza Vegetable Choice Fruit Choice 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Meat & Cheese Nachos Refried Beans Pineapple Tidbits 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Macaroni & Cheese Petite Peas Apple Slices Biscuit 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Cheeseburger on Whole Wheat Sweet Potato Fries Cherries 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread	Sloppy Joe on Whole Wheat Bun Potato Wedge Icy Juice 1% Milk Choice  Chicken Nuggets/Whole Wheat Bread

Breakfast Menu	
Monday	Bagel/Cream Cheese  Fruit/Milk
Tuesday	Yogurt/Cheese Stick  Fruit/Milk
Wednesday	Breakfast Pizza  Fruit/Milk
Thursday	Egg/Cheese on English Muffin  Fruit/Milk
Friday	Omelet  Fruit/Milk

Cereal/graham cracker  
available daily

Menu Subject to Change Without  
Notice

3<sup>rd</sup> Choice available  
daily:  
Peanut Butter & Jelly  
Sandwich

Prices:  
Elementary Lunch \$2.00  
Secondary Lunch \$2.25  
Reduced Lunch \$.40  
Breakfast Price: \$1.50  
Reduced Breakfast \$.30

Food Bar available daily:  
Lettuce Mix, Whole Wheat  
Bread, canned and fresh fruit  
available daily  
Skim Milk available daily

Call Linda Vainner at 663-4280  
with any questions

Accounts may be checked and deposits may be made on line at [www.lunchdeposit.com](http://www.lunchdeposit.com)

Free lunch applications available at [www.lunchapp.com](http://www.lunchapp.com)

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