

LIMESTONE MIDDLE SCHOOL



MEAL PRICING:

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

LUNCH Menu

April-May 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Waffles Bacon Potatoes Apple Juice	Meatball Sub Baked Chips Green Beans Mandarin Oranges	Hot Dog/Bun Baked Beans Apples Cookie	Chicken Patty/Bun Carrots Goldfish Pears	Pizza Toss Salad Tomato Peaches
2	French Toast Sticks Sausage Tri-Tator Orange Juice	Nacho Beef/Cheese Salsa Mandarina Oranges	Chicken Nuggets Roll Sweet Potatoes Fries Sliced Apples	Cheeseburger /Bun Baked Beans Mixed Fruit Cookie	Pizza Toss Salad Tomato Icee
3	Pancake Wrap Sausage Tri-Tator Apple Juice	Cheese Quesadilla Chips/Salsa Sidekick Icee	Corn Dog Baked Beans Goldfish Apples	Ham/Cheese Sandwich Green Beans Baked Chips Pears	Bosco/Marinara Toss Salad Tomato Apple Crisp
4	French Toast Sticks Sausage Tri-Tator Orange Juice	Orange Chicken Fried Rice Corn Pineapple Fortune Cookie	Turkey Wrap Goldfish Carrots Apples	Chicken Tenders Buttered Noddle's Peas Peaches	Pizza Toss Salad Tomato 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-



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.?

S	M	T	W	T	F	S
	X	X	X	X	X	6
7	X	9	10	11	12	13
14	X	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	X	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	NL	29		

S	M	T	W	T	F	S
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3	X	5	6	7	8	9
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17	18	19	20	21	22	23
24	X	X	X	X	X	30
31						

S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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

X Means No School, NL Means No Lunch. 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. Menu Subject to Change Without Notice

1.2015-2020 Dietary Guidelines for Americans
2.USDA. MyPlate.gov. <http://www.myplate.gov>.