



Lunch \$3.95
Milk 60¢

APRIL 2012

LOCKPORT EAST HIGH SCHOOL FACULTY LUNCH MENU



All Meals Come with a Small Beverage. Substitute a Can Beverage or Plain Bottled Water for \$4.25

JUMP ASIAN \$4.00

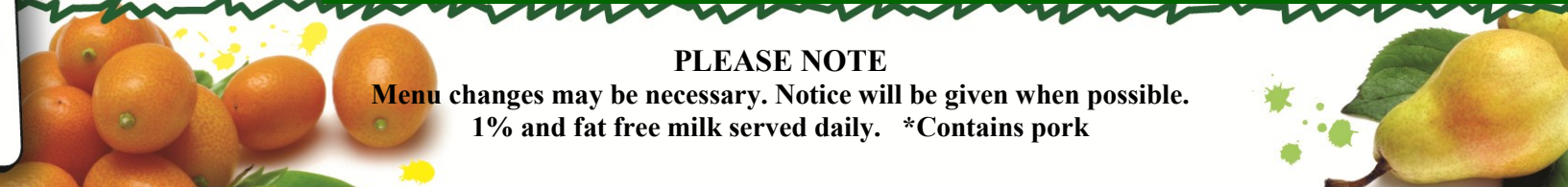
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled *Ham & Cheese w/Choice of Pasta or Potato Salad	3 Baked Penne w/Meatballs Mozzarella Breadsticks Small Side Salad	4 Chicken Quesadilla Topped w/Lettuce, Tomato, Salsa & Sour Cream Seasoned Rice	5 Italian Beef w/Sweet or Hot Peppers Homemade Pasta Salad	6 GOOD FRIDAY NO SCHOOL
9 EASTER MONDAY NO SCHOOL	10 Texas Roadhouse Burger w/BBQ Sauce & *Bacon w/Cole Slaw	11 Jump Asian Generals Chicken Orange Chicken Beef or Chicken w/Broccoli Add Eggroll for \$1.25	12 Homemade Chili in a Bread Bowl Small Side Salad	13 Open Face Turkey Sandwich w/Gravy Mashed Potatoes Green Beans
16 Beef w/Cheddar Cheese Sauce on a Sub Roll w/Cole Slaw	17 2 Tacos Soft or Hard Shell Choice of Toppings & Seasoned Rice	18 Chicken, Tuna or Egg Salad on a Croissant Homemade Potato Salad	19 Baked Mac & Cheese Steamed Broccoli Small Side Salad	20 Tuna Melt on Rye w/American Cheese Served w/Cole Slaw
23 1/4 lb Patty Melt on Rye Side of Homemade Chips	24 TESTING NO SERVICE	25 TESTING NO SERVICE	26 Turkey Club on Toasted White or Whole Wheat w/Lettuce, Tomato & *Bacon	27 Taco Salad Choice of Seasoned Chicken or Taco Meat Lettuce, Tomato, Salsa & Sour Cream

30
1/4 LB Mushroom Swiss Burger Macaroni Salad Or Homemade Chips

Drink more water! Add more fruits and vegetables to your daily meals and snacks. Monitor your portion sizes and get plenty of rest. Keep a daily journal of what you eat to track your nutritional progress.

Questions about the menu?
Call 815-588-8427

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.



PLEASE NOTE
Menu changes may be necessary. Notice will be given when possible.
1% and fat free milk served daily. *Contains pork