

# Lampeter – Strasburg High School

April 2021

**Breakfast Menu:** Available daily in the cafeteria (7:20am to 7:35am) Cost: \$1.55 All Breakfasts are served with fruit and choice of milk. Asst cereals, breakfast bars, pop tarts and granola bars are always available.

**Monday:** Pancake Sausage Nuggets w/Syrup

**Tuesday:** Breakfast Pizza Bagel

**Wednesday:** VIRTUAL

**Thursday:** Pancake Sausage Nuggets w/Syrup

**Friday:** Breakfast Pizza Bagel



			1 Chicken Drumsticks/BBQ sauce French Fries Baby Carrots/Dip Assorted Fruit/Juice & Milk <b>Alt: Roast Beef &amp; Swiss on Roll</b>	2 <b>SPRING BREAK</b>
5 <b>SPRING BREAK</b>	6 <b>** Ntl Caramel Popcorn Day**</b> Popcorn Chicken w/Roll French Fries Green Beans Assorted Fruit/Juice, Milk <b>Alt: Shrimp Poppers w/Roll</b> Weekly Salad Choice: BLT	7 French Toast Sticks w/Syrup Sausage Links OR Cheese Omelet Hash Browns Celery Sticks/PB Assorted Fruit/Juice & Milk <b>Alt: Cheese Calzone/Sauce</b>	8 Popcorn Chicken w/Roll French Fries Green Beans Assorted Fruit/Juice, Milk <b>Alt: Shrimp Poppers w/Roll</b>	9 French Toast Sticks w/Syrup Sausage Links OR Cheese Omelet Hash Browns Celery Sticks/PB Assorted Fruit/Juice & Milk <b>Alt: Cheese Calzone/Sauce</b>
12 <b>** Ntl Grilled Cheese Day**</b> Grilled Ham & Cheese Sandwich Tomato Soup/Goldfish Crackers Steamy Peas Assorted Fruit/Juice & Milk <b>Alt: Potato Cheese Pierogis</b> Weekly Salad: Chicken/Apples	13 Chicken Nuggets w/roll Whipped Potatoes w/gravy Crunchy Broccoli/Dip Assorted Fruit/Juice & Milk <b>Alt: Pork Rib BQ on Bun</b>	14 <b>NO STUDENTS</b>	15 Grilled Ham & Cheese Sandwich Tomato Soup/Goldfish Crackers Steamy Peas Assorted Fruit/Juice & Milk <b>Alt: Potato Cheese Pierogis</b>	16 Chicken Nuggets w/roll Whipped Potatoes w/gravy Crunchy Broccoli/Dip Assorted Fruit/Juice & Milk <b>Alt: Pork Rib BQ on Bun</b>
19 Tangerine Chicken Vegetable Fried Rice Steamed Broccoli Fortune Cookie Assorted Fruit/Juice & Milk <b>Alt: Pork Egg Roll</b> Weekly Salad: Buffalo Chicken	20 Cheeseburger on Bun Seasoned Curly Fries Baby Carrots/Dip Assorted Fruit/Juice & Milk <b>Alt: Hot Dog on Bun</b>	21 <b>NO STUDENTS</b>	22 Tangerine Chicken Vegetable Fried Rice Steamed Broccoli Fortune Cookie Assorted Fruit/Juice & Milk <b>Alt: Pork Egg Roll</b>	23 <b>** National Picnic Day**</b> Cheeseburger on Bun Seasoned Curly Fries Baby Carrots/Dip Assorted Fruit/Juice & Milk <b>Alt: Hot Dog on Bun</b>
26 <b>** National Pretzel Day**</b> Chicken Bowl w/Roll Whipped Potatoes w/gravy Steamed Corn, Pretzel Snack Bag Assorted Fruit/Juice, Milk <b>Alt: Dutch Sub w/ lettuce &amp; tomato</b> (sweet bologna) Weekly Salad: Chef	27 Soft Shell Tacos (2) w/lettuce/salsa/sour cream/cheese Fiesta Rice, Baby Carrots w/dip Ranchero Beans Assorted Fruit/Juice & Milk <b>Alt: Chicken Quesadilla</b>	28 <b>NO STUDENTS</b>	29 Chicken Bowl w/Roll Whipped Potatoes w/gravy Steamed Corn, Pretzel Snack Bag Assorted Fruit/Juice, Milk <b>Alt: Dutch Sub w/ lettuce &amp; tomato</b> (sweet bologna)	30 Soft Shell Tacos (2) w/lettuce/salsa/sour cream/cheese Fiesta Rice, Baby Carrots w/dip Ranchero Beans Assorted Fruit/Juice & Milk <b>Alt: Chicken Quesadilla</b>

**MENU SUBJECT TO CHANGE:** Student Lunch: \$3.00

A la Carte Milk: \$0.50

Adult Lunch: \$4.35

A La Carte Drinks and Snacks and Ice Cream

All Grain Offerings are Whole Grain / All Rolls Include Promise® Margarine \*\*Soup is available at an A La Carte Price only \$1.55\*\* (This institution is an equal opportunity provider and employer.)

**Offered Daily:**

Peanut Butter & Jelly Sandwich

Pizza & Salad Entrée/Protein

**Cafeteria Manager:**

Dee Dennes: 717-358-1863 ext#2013

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