

# Lampeter – Strasburg High School      March 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 always available

**Monday:** Belgian Waffle w/Syrup  
**Tuesday:** Bacon, Egg and Cheese Sandwich  
**Wednesday:**  
**Thursday:** Belgian Waffle w/Syrup  
**Friday:** Bacon, Egg and Cheese Sandwich



<b>1</b> French Toast Sticks Sausage Links OR Cheese Omelet Hash Browns Celery Sticks/PB Assorted Fruit/Juice & Milk <b>Alt: Egg/Cheese Sandwich</b> Weekly Salad: Spicy Chicken	<b>2</b> Pizza Sticks/Sauce Glazed Carrots Tossed Salad Assorted Fruit/Juice & Milk <b>Alt: Black Bean Burger on bun</b>	<b>3</b>  <b>NO STUDENTS</b>	<b>4</b> French Toast Sticks Sausage Links OR Cheese Omelet Hash Browns Celery Sticks/PB Assorted Fruit/Juice & Milk <b>Alt: Egg/Cheese Sandwich</b>	<b>5</b> Pizza Sticks/Sauce Glazed Carrots Tossed Salad Assorted Fruit/Juice & Milk <b>Alt: Black Bean Burger on bun</b>
<b>8</b> *National School Breakfast Week* Creamy Macaroni & Cheese WG Pretzel Rod Tossed Salad, Steamed Peas Assorted Fruit/Juice & Milk <b>Alt: Fish Sandwich w/ Cheese</b> Weekly Salad: Tuna Salad	<b>9</b> *National School Breakfast Week* <b>*NATIONAL MEATBALL DAY*</b> Meatball/cheese Sandwich Sweet potato Tots Fresh Steamed Green Beans Assorted Fruit/Juice & Milk <b>Alt: Stromboli/Sauce</b>	<b>10</b>  <b>NO STUDENTS</b>	<b>11</b> *National School Breakfast Week* Creamy Macaroni & Cheese WG Pretzel Rod Tossed Salad, Steamed Peas Assorted Fruit/Juice & Milk <b>Alt: Stromboli/Sauce</b>	<b>12</b> *National School Breakfast Week* Meatball/cheese Sandwich Sweet potato Tots Fresh Steamed Green Beans Assorted Fruit/Juice & Milk <b>Alt: Fish Sandwich w/ Cheese</b>
<b>15</b> Chicken Patty on Roll Smiley Fries Baked Beans Assorted Fruit/Juice & Milk <b>Alt: Spicy Chicken on Roll</b> Weekly Salad: Southwest Chicken	<b>16</b> Ham & Cheese on Pretzel Roll Chicken Corn Soup Crunchy Broccoli/Dip Shamrock Parfait Assorted Fruit/Juice & Milk <b>Alt: Tuna Salad on Roll</b>	<b>17</b>  <b>NO STUDENTS</b>	<b>18</b> Chicken Patty on Roll Smiley Fries Baked Beans Assorted Fruit/Juice & Milk <b>Alt: Spicy Chicken on Roll</b>	<b>19</b> Ham & Cheese on Pretzel Roll Chicken Corn Soup Crunchy Broccoli/Dip Shamrock Parfait Assorted Fruit/Juice & Milk <b>Alt: Tuna Salad on Roll</b>
<b>22</b> Cheeseburger on Bun Seasoned Curly Fries Green Beans Assorted Fruit/Juice & Milk <b>Alt: Pulled Pork on Bun</b> Weekly Salad: BLT	<b>23</b> *NATIONAL POTATO CHIP DAY* Chicken Tenders/Dip Glazed Carrots Baked Potato Chips WG Cookie Assorted Fruit/Juice & Milk <b>Alt: Chicken Lo Mein</b>	<b>24</b>  <b>NO STUDENTS</b>	<b>25</b> Cheeseburger on Bun Seasoned Curly Fries Green Beans Assorted Fruit/Juice & Milk <b>Alt: Pulled Pork on Bun</b>	<b>26</b> Chicken Tenders/Dip Glazed Carrots Baked Potato Chips WG Cookie Assorted Fruit/Juice & Milk <b>Alt: Chicken Lo Mein</b>
<b>29</b> Lasagna Roll Up w/Meatsauce & Roll Tossed Salad Steamy Peas Assorted Fruit/Juice & Milk <b>Alt: Cheese Steak Sandwich</b> Weekly Salad: Cobb	<b>30</b> Chicken Drummies/BBQ sauce French Fries Baby Carrots/Dip Assorted Fruit/Juice & Milk <b>Alt: Roast Beef &amp; Swiss on Roll</b>	<b>31</b> Lasagna Roll Up w/Meatsauce & Roll Tossed Salad Steamy Peas Assorted Fruit/Juice & Milk <b>Alt: Cheese Steak Sandwich</b>	<b>4/1</b> Chicken Drummies/BBQ sauce French Fries Baby Carrots/Dip Assorted Fruit/Juice & Milk <b>Alt: Roast Beef &amp; Swiss on Roll</b>	<b>4/2</b>  <b>NO STUDENTS</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\*\*

**Offered Daily:**

Peanut Butter & Jelly Sandwich

Pizza & Salad Entrée/Protein

**\*\*TUNA AND EGG SALAD AVAILABLE ON FRIDAYS\*\***

(This institution is an equal opportunity provider and employer.)

**Cafeteria Manager:**

Dee Dennes: 717-358-1863 ext#2013

E-mail: denise\_dennes@l-spioneers.org