



LRMS LUNCH MENU December 1st-29th 2018 \$2.75

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Just half a cup of raw spinach counts as 1 of the 5 servings of fruits and vegetables you should eat a day. No wonder Popeye was so strong!</p>		
<p>3</p> <p>Twisted Grilled Cheese Sweet Potato Bites</p> <p>Assorted Fresh Fruits and Vegetables</p>	<p>4</p> <p>Chicken fajita or Taco Filling Black Bean Burrito WG Rice Cheddar Cheese Sour Cream Salsa Lettuce & Tomato Sweet Buttered Corn</p>	<p>5</p> <p>Single Session</p> <p>Mozzarella Sticks with Marinara Sauce</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>6</p> <p>Chicken Patty on WG Bun</p> <p>Oven Baked Fries Mixed Vegetables</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>7</p> <p>Home Made French Bread Pizza Garden Salad</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>10</p> <p>Cheesy Bread With Marinara Sauce Garden Salad</p> <p>Assorted Fresh Fruits and Vegetables</p>	<p>11</p> <p>Home Made Quesadilla Brown Rice Buttered Corn Salsa & Sour Cream</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>12</p> <p>Home Made Cheese Calzone With Marinara Sauce</p> <p>Steamed Carrots</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>13</p> <p>Chicken Bites</p> <p>Buttered Noodles</p> <p>Fresh Mixed Vegetables WW Dinner Roll</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>14</p> <p>Home Made Personal Round Cheese Pizza</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>17</p> <p>Jumbo Cheese Ravioli in Marinara Sauce with Garlic Bread</p> <p>Garden Salad Assorted Fresh Fruits & Vegetables</p>	<p>18</p> <p>Hamburger, Cheeseburger or Black Bean Burger</p> <p>Onion Rings</p> <p>Baked Beans</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>19</p> <p>Pizza Crunchers with Marinara Dipping Sauce</p> <p>Penna Pasta</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>20</p> <p>Popcorn Chicken with Dipping Sauces</p> <p>Oven Baked Fries</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>21</p> <p>Assorted Home Made Pizza</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
Fresh Fruit & Vegetable Selection (includes but not limited to)				
<p>Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Carrot and Celery Sticks Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Red Bell Pepper Strips Cherry Tomatoes Chilled Peaches Fresh Whole Fruit</p>	<p>Carrot and Celery Sticks Fresh Broccoli Florets Fresh Whole Fruit</p>	<p>Colorful Tossed Salad Red Bell Pepper Strips Chilled Fruit Cocktail Fresh Whole Fruit</p>

Food of the Month: Cruciferous Vegetables

We know eating greens is vital to staying healthy, strong, and protecting our [immune system](#). They are packed with phytonutrients, [protein](#), vitamins, [minerals](#) and [antioxidant](#) so we also know it's important to have a wide variety of them in our diet



We provide free & reduced meals for all families that are eligible. Applications are available on the Region 16 website or call us at 203-758-6671 for details