

May Menu 2023

Lifegate Christian School

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatball Sub w/Mozzarella Cheese -OR- Alt-Sunbutter/Jelly Sandwich Fresh Cauliflower Mixed Fruit	2 Pancakes w/Sausage Patty -OR- Alt-Turkey & Cheese Hoagie Sweet Potato Fries Banana	3 Chick-Fil-A Nuggets (8 cnt) -OR- Alt- Cobb or Market Salad or Chicken Wrap** Carrots Fruit (TBD)	4 Mozzarella Cheese Sticks w/ Pizza Sauce -OR- Alt- Italian Hoagie Steamed Peas Clementine	5 <p style="text-align: center;">NO SCHOOL Professional Development Day</p>
8 Grilled Cheese Sandwich -OR- Alt- Sunbutter/Jelly Sandwich Mixed Vegetables Pears	9 Popcorn Chicken & WG Biscuit -OR- Alt- Italian Hoagie Baked Beans Mixed Fruit	10 Pizza Hut Cheese Pizza w/ WG Bread -OR- Alt- Tuna Salad on 9 Grain Romaine Salad Craisins	11 Crispy Carnitas (Pork) Tacos -OR- Alt- Turkey & Cheese Hoagie Corn Strawberries	12 Hot Dog on WG Bun <u>(No alternate)</u> Carrots Apple Baked Potato Chips
15 Cheese Dunkers (cheese filled breadsticks) w/ Pizza Sauce -OR- Alt- Sunbutter/Jelly Sandwich Iceberg Lettuce Tropical Fruit	16 Cheeseburger -OR- Alt- Turkey & Cheese Hoagie French Fries Banana	17 Chick-Fil-A Sandwich -OR- Alt- Cobb or Market Salad or Chicken Wrap** Carrots Fruit (TBD)	18 Roasted Chicken Drumstick w/ WG Bread -OR- Alt- Italian Hoagie Seasoned Black Beans Pineapple	19 Cheese Omelet w/ WG Biscuit <u>(No alternate)</u> Sweet Potato Fries Apple
22 Fried Chicken Drumstick w/ WG Bread -OR- Alt- Sunbutter/Jelly Sandwich Baked Beans Mixed Fruit	23 Crispy Chicken Sandwich -OR- Alt- Turkey & Cheese Hoagie Mixed Veggies Apple	24 Pizza Hut Cheese Pizza w/ WG Bread -OR- Alt- Tuna Salad on 9 Grain Romaine Salad Pears		

Hot lunch : \$3.75 (includes milk) Extra Main Entree: \$1.75/ea. Milk: \$.40 Alt=Alternate. The Alt option comes w/same sides as main entree: \$3.75

Chick-Fil-A Prices: Chicken Sandwich & 8 count Nuggets (both w/sides): \$6.00; Chicken Wrap (w/sides): \$8.50; Salads: \$9.75

WG - is Whole Grain wherever listed. Fruits & Veggies may differ from menu on a daily basis depending on availability. * Extras & Alternate available for 2nd-8th grades only.

Lunch Coordinator - Shelley Regier, sregier@lcsomaha.org, 402-490-4937 c, 402-333-5153 w This institution is an equal opportunity provider.

****The Chick-Fil-A Cobb Salad recipe has been updated to remove the bacon, and fat free ranch will be the only dressing available for all salads.**

HOT LUNCH MUST BE ORDERED BY 8:45 AM. IF YOUR STUDENT IS GOING TO BE LATE, CALL OR EMAIL LCS BEFORE 8:45 AM.