



Lamphere Meal pick up

September 2020

Meals for week of 8/31 - 9/4



Mon	Tue	Wed	Thu	Fri
3/1 Bagel with Cream Cheese Blueberry Lemon bites 100% Fruit Juice Milk	1 Blueberry Muffin loaf String Cheese Banana Milk	2 Cinnamon Bread Yogurt Tangerine Milk	3 Trix cereal Yogurt Cinnamon goldfish Fresh apple Milk	4 No School
<u>Lunch</u> French Bread cheese pizza Romaine side Salad Ranch dressing Baby Carrots Banana Apple Milk	<u>Lunch</u> Mexican Fiestada Side of salsa Romaine side Salad Ranch dressing Tangerine Banana Milk	<u>Lunch</u> Grilled cheese sandwich Goldfish crackers Baby Carrots Apple Banana Milk	<u>Lunch</u> Spaghetti Graham crackers Broccoli Banana Tangerine Milk	<u>Lunch</u> No School
Meal Directions French Bread Pizza Preheat oven to 350 degrees Cook time approx. 12 minutes at 350 degrees	Fiestada Preheat oven to 350 degrees Cook time approx. 12 minutes at 350	Grilled cheese Cook in Microwave 1 minute	Spaghetti Place spaghetti in container in microwave Cook on high for 2 minutes	Due to Labor Day Next pick up day will be on <u>Tuesday September 8th</u> <u>Pick up times</u> <u>9:30 a.m. 12:30 p.m.</u> <u>or</u> <u>2:30 p.m.—3:30 p.m.</u> <u>Lamphere High School</u>
Menu subject to change				

Lamphere Pick

up

Pick up Location
Lamphere High School
610 W. 13 Mile road
Madison Height, Mi
48071

Breakfast is **FREE** to all
Lamphere Students.

Lunch cost

Free—Free
Reduced—.40 each lunch
Full pay—\$2.25
Elementary students
Secondary Students
Page /LHS—\$2.50 each
lunch

Food Allergies/ Special
Dietary Needs please
visit our web site for
more information or
contact Katie McConkie
www.lamphereschools.org

Katie McConkie
Director of Nutrition
Services
248-589-7935