

Lake Dallas Intermediate & Middle School Low-Fat Lunch Menu

Student Price: \$2.00 Reduced Price: \$.40 Adult Price: \$ 2.50

Monday



1. Deli Turkey Sub w/ Baked Chips, Lettuce & Pickle, Fruit and Low fat Milk

Tuesday



2. Chef Salad w/Mozzarella Cheese stick, ½ Boiled Egg, Diced Chicken tenders, Saltine Crackers Fruit and Low-fat Milk



Wednesday

3. Deli Turkey Sub w/Baked Chips, Lettuce & Pickles Cup, Fruit and Low-fat Milk

Thursday



4. Chef Salad w/Mozzarella Cheese stick, ½ Boiled Egg, Diced Chicken tenders, Saltine Crackers, Fruit and Low- Fat Milk

Move More
Sit Less

Friday



5. Baked Potato w/ Shredded Cheese and Topping, Breadstick, Fruit and Milk
or
6. Flavored Yogurt w/Mozzarella Cheese stick, Cinnamon Bun Crackers, Fruit and Low-Fat Milk

