

Lyncourt PK-8 School Lunch Menu

Menu Subject to Change

Lyncourt School District Is An Equal Opportunity Provider and Employer

May 2022

Available Daily

Chicken Patty Meal or
Peanut Butter and
Jelly
Available Everyday

Employment Opportunities

We have sub positions
open in our
Food Service
Department.

Please contact Terry
Ralston at
315-455-7571 ext. 4 for
more information.

MONDAY

2 Loaded Fries
With Chili & Cheese
Seasoned Corn
Corn Muffin
Fruit Cup

9 Breakfast Sandwich
With Egg, Cheese
and Bacon
Roasted Potatoes
Fruit Cup

16 Lyncourt Pizza
Lunchable
w/ Sauce and Cheese
Veggie Sticks
Fruit Cup

23 Wok on the Run
Stir fry Veggies
Steamed Rice
Fruit Cup

TUESDAY

3 Chicken Caesar
Wrap
Seasoned Fries
Cucumber Sticks
Fruit Cup

10 Beef and Broccoli
Over Rice
Whole Grain Roll
Steamed Carrots
Fruit Cup

17 Cook's Choice

Will Be Posted the
Day Before

24 Turkey Salad
On a WG Roll
Carrot Sticks
Heartzels
Fruit Cup

WEDNESDAY

4 Homemade
Mac and Cheese
Texas Toast
Steamed Green
Beans
Fresh Fruit

11 Ham and Cheese
Sandwich
On a Croissant
Veggie Sticks
Fresh Fruit

18 Mini Pancakes
Breakfast Sausage
Potato Gems
Dragon Juice
Fresh Fruit

25 Pasta w/ Meat Sauce
Garlic Roll
Tossed Salad
Fresh Fruit

THURSDAY

5 Beef Nachos with
Scoops with Cheese
Corn Salsa
Refried Beans
Fresh Fruit
Cinco de Mayo

12 Yogurt Meal
With Granola, Cheese
Stick And Craisins
Veggie Sticks
Fresh Fruit

19 Grilled Cheese
Sandwich
Hearty Soup
Goldfish Crackers
Fresh Fruit

26 Cook's Choice

Will Be Posted the
Day Before

FRIDAY

6 Homemade Pizza
Tossed Salad
Steamed Broccoli
Fruit Cup

13 *Staff Day*
Early Dismissal
No
Lunch

20 Homemade Pizza
Tossed Salad
Steamed Broccoli
Fruit Cup

27 Homemade Pizza
Tossed Salad
Steamed Broccoli
Fruit Cup

31 Meatball Sub
Sweet Potato Fries
Seasoned Corn
Fruit Cup

Available with All Lunches

Assorted Fruit Cups
Milk Choice
Fresh Fruit

Family Wellness Month

