

Lyncourt PK-8 School Menu

Menu Subject to Change

Lyncourt School District Is An Equal Opportunity  
Provider and Employer

# September 2022

Second Choice:

Chicken Sandwich Meal  
Or PBJ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Available with All Lunches</b> Fresh Fruit Assorted Fruit Cups Milk Choice</p>			<p><sup>1</sup> Superintendents Conference Day No School</p>	<p><sup>2</sup>  No School</p>
<p><sup>5</sup>  Labor Day  No School</p>	<p><sup>6</sup> Superintendents Conference Day No School</p>	<p><sup>7</sup> Cheese Pizza Tossed Salad Steamed Broccoli Fresh Fruit</p>	<p><sup>8</sup> Homemade Mac and Cheese Texas Toast Seasoned Green Beans Fruit Cup</p>	<p><sup>9</sup> Cheeseburger on a WG Roll Sweet Potato Fries Steamed Corn Fresh Fruit</p>
<p><sup>12</sup> Chicken and Waffles Tater Tots Broccoli Salad Fresh Fruit</p>	<p><sup>13</sup> Brunch for Lunch French Toast Sausage Links Breakfast Potatoes Fruit Salad</p>	<p><sup>14</sup> Bagel Pizza Tossed Salad Steamed Carrots Fruit Cup</p>	<p><sup>15</sup> Pasta with Meatsauce Garlic Roll Tossed Salad Fruit Cup</p>	<p><sup>16</sup> Lyncourt Pizza Lunchable With Celery Sticks and Dip Fresh Fruit</p>
<p><sup>19</sup> Wok on the Run Steamed Rice Stir Fry Vegetables Fruit Cup</p>	<p><sup>20</sup> Brunch for Lunch Bagel Sandwich w/Egg, Bacon and Cheese Breakfast Potatoes Fruit Cup</p>	<p><sup>21</sup> Homemade Pizza Tossed Salad Steamed Broccoli Fresh Fruit</p>	<p><sup>22</sup> Walking Taco W/ Lettuce, Tomatoes and Cheese Steamed Rice Corn Salsa Fruit Cup</p>	<p><sup>23</sup> Deli Sub Sandwich With Cheese, Lettuce and Tomato Oven fries Fruit Salad</p>
<p><sup>26</sup> Quesadilla Pizza Steamed Rice Steamed Green Beans Fresh Fruit</p>	<p><sup>27</sup> Brunch for Lunch Mini Pancakes Canadian Bacon Breakfast Potatoes Fruit Cup</p>	<p><sup>28</sup> Pizza Crunchers Dinner Roll Tossed Salad Steamed Carrots Fruit Cup</p>	<p><sup>29</sup> Homemade Chili Corn Bread Seasoned Corn Fruit Cup</p>	<p><sup>30</sup> Hot Dog on a WG Roll Sweet Potato Fries Steamed Broccoli Fruit Cup</p>

All students will receive  
Breakfast and Lunch Meals at  
no charge regardless of  
income status. However we  
strongly encourage parents to  
fill out the Income Survey on  
our website. We depend on  
the information for future  
grants and may effect PEBT  
benefits.

For more information call  
Terry Ralston @ 315-455-7571  
Ext.4 or email  
[tralston@lyncourtschool.org](mailto:tralston@lyncourtschool.org)

*The Lyncourt Food Service  
Department is accepting  
applications for permanent  
and sub positions. Please call  
315-455-7571 for more  
information.*