



Linn-Mar Community Schools 2016-2017 Elementary Cycle Menu

Breakfast: (includes cereal, milk, juice and posted entrée)

Student: \$1.50; Adult: \$1.70

Lunch: (Includes choice of entrée, milk and sides)

Student: \$2.50; Adult: \$3.45

Elementary school not in session

February

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Cereal bar	Apple bosco stick	Bagel bites	Waffle sticks	Toast
<ul style="list-style-type: none"> • Personal pan pizza (Cheese) • Hot shredded beef sandwich Corn Fresh veggie cup Peaches Chocolate chip cookie 	<ul style="list-style-type: none"> • French toast sticks with egg omelet • Fish sandwich Smiley potatoes Fresh veggie cup Grapes 	<ul style="list-style-type: none"> • Chicken strips with fresh baked roll • Sunbutter/jelly s/w boat & string cheese Baked beans Fresh veggie cup Sliced apples with caramel 	<ul style="list-style-type: none"> • Hot dog on bun • Rotini & meat sauce with breadstick Romaine blend lettuce & tomato salad Fresh veggie cup Fruit cup 	<ul style="list-style-type: none"> • Chicken patty s/w • Chicken teriyaki & seasoned rice Stir fry vegetables Fresh veggie cup Mandarin oranges
• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Long john	Hard-boiled egg	Fresh baked muffin	French toast sticks	Toast
<ul style="list-style-type: none"> • Stuffed cheese sticks • Chili with bread/butter sandwich Fresh veggie cup Warm cinnamon apples 	<ul style="list-style-type: none"> • Pancakes & little smokies* • Macaroni & cheese Tator tots Fresh veggie cup Juicy orange wedges 	<ul style="list-style-type: none"> • Taco with tortilla chips • Ham & cheese sandwich boat Lettuce & tomato Refried beans Pears 	<ul style="list-style-type: none"> • Popcorn chicken with b&b sandwich • Breakfast sandwich Mixed vegetables Fresh veggie cup Fresh Fruit cup 	<ul style="list-style-type: none"> • Mini corn dogs • Soft pretzel with cheese sauce Baked French fries Fresh veggie cup Strawberries Sugar cookie
• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: WG Poptart	Mini WG donuts	Frudel pastry	Pancake on a stick*	Toast
<ul style="list-style-type: none"> • Hamburger • Grilled cheese sandwich Sweet potato fries Fresh veggie cup Apple slices 	<ul style="list-style-type: none"> • Chicken patty s/w • Pigs in a blanket Baked beans Fresh veggie cup Mandarin oranges 	<ul style="list-style-type: none"> • Waffle sticks with turkey sausage patty • Pretzel roll with hot ham & cheese Potato triangle Fresh veggie cup Pineapple 	<ul style="list-style-type: none"> • Chicken noodle soup • Lasagna Breadstick Romaine blend lettuce & tomato salad Peas & carrots Fresh fruit cup Oatmeal scotchie cookie 	<ul style="list-style-type: none"> • Chicken nuggets with b&b sandwich • Turkey & cheese sandwich boat Mashed potatoes & gravy Fresh veggie cup Fruit cocktail
• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal

Entrée Choice

Lion Cub Meal

Fruit, yogurt, cheese, crackers and a veggie (including beans when menued)

Sun Butter & Jelly sandwich Peanut free option made with sunflower seeds

Menu Subject to Change without notice

*May contain pork

This institution is an equal opportunity provider