



Linn-Mar High School

Build a meal: Choice of one entrée, three sides and milk.

1/2 cup fruit or vegetable is required to make a meal.

All grains are whole grain rich, including desserts.

Everyday Options	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée: Choose from the variety of fresh sides offered	Salad bar PBJ sandwich (2) Hot sandwich variety Yogurt parfait with granola bar WG pizza variety	Salad bar PBJ sandwich (2) Hot sandwich variety Yogurt parfait with granola bar WG pizza variety	Salad bar PBJ sandwich (2) Hot sandwich variety Yogurt parfait with granola bar WG pizza variety	Salad bar PBJ sandwich (2) Hot sandwich variety Yogurt parfait with granola bar WG pizza variety	Salad bar PBJ sandwich (2) Hot sandwich variety Yogurt parfait with granola bar WG pizza variety
Daily Bar Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée:	Potato bar with assorted toppings (including chili & cheese)	If it's Tuesday, it must be chicken! Chicken on all lines	Yogurt bar with assorted toppings including fruit	Hot dog bar with assorted toppings Baked beans	Hamburger bar with assorted toppings Hot veggie
Daily sides:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety
Main Line	Mon. May 8	Tues. May 9	Wed. May 10	Thurs. May 11	Fri. May 12
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Breakfast burrito	Frudel pastry	Long john
Classic entrees: Additional sides offered daily (see above)	Baked lasagna Macaroni & cheese Breadsticks Romaine salad mix	Chicken patty sandwich Broccoli & cheese sauce	Pancakes Turkey sausage inks Potato triangles	Chicken parmesan with spaghetti Fresh baked bread Chocolate cake	Walking taco Shredded lettuce, tomatoes & cheese Refried beans

Main Line	Mon. May 15	Tues. May 16	Wed. May 17	Thurs. May 18	Fri. May 19
Breakfast entrée:	Breakfast pizza ^(P)	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees: Additional sides offered daily (see above)	Mandarin orange chicken Seasoned brown rice Chicken/vegetable eggroll Stir fry vegetables	Chicken strips Fresh baked roll Baked French fries	Fish sandwich Hot n' spicy chicken sandwich Baked beans	Pulled pork ^(P) BBQ pork sandwich ^(P) Tator tots Peanut butter chocolate chip cookie	Chicken Fajita with peppers & onions Spanish rice Fajita toppings including lettuce, tomato & cheese

Main Line	Mon. May 22	Tues. May 23	Wed. May 24	Thurs. May 25	Fri. May 26
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Breakfast burrito	Frudel pastry	Long john
Classic entrees: Additional sides offered daily (see above)	Beef taco or pork ^(P) Carnita w/hard shells or soft tortillas Lettuce, tomato & cheese Refried beans	Popcorn chicken Fresh baked bread Romaine salad mix	Rotini or mini cheese ravioli with marinara meat sauce Breadsticks Romaine salad mix	COOK'S CHOICE	COOK'S CHOICE

MAY 29-NO SCHOOL, MAY 30 & 31-SACK LUNCH

Menu subject to change.

WG = whole grain; (P) = denotes pork product

Milk choices: Skim, 1%, skim chocolate

Breakfast served daily.

USDA is an equal opportunity provider/employer

Lunch Grades K-5: \$2.50; Grades 6-8: \$2.55
 Grades 9-12: \$2.60; Breakfast K-12: \$1.50
 Adult: Breakfast \$1.70/Lunch \$3.45
 Reduced Breakfast: \$.30; Lunch: \$.4

OVER

