



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/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) 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. March 27 | Tues. March 28 | Wed. March 29 | Thurs. March 30 | Fri. March 31 |
|--|---|---|--|---|---------------------------|
| Breakfast entrée: | French toast sticks | Pancake on a stick ^(P) | Breakfast burrito | Frudel pastry | |
| Classic entrees: | Beef taco or pork carnita ^(P) with choice of hard shells or soft tortillas | Popcorn chicken Fresh baked bread Romaine salad mix | Rotini or mini cheese ravioli with marinara meat sauce Breadsticks Romaine salad mix | Hot ham & cheese with pretzel roll Buffalo chicken wrap Tater tots Chocolate brownie | NO SCHOOL K-12 |
| Additional sides offered daily (see above) | Lettuce, tomato & cheese Refried beans | | | | |

| Main Line | Mon. April 3 | Tues. April 4 | Wed. April 5 | Thurs. April 6 | Fri. April 7 |
|--|--|---|---|---|---|
| Breakfast entrée: | Breakfast pizza ^(P) | Waffle sticks | Breakfast combo ^(P) | Cinnamon roll | Breakfast sandwich |
| Classic entrees: | Sweet chili Thai Chicken served with seasoned brown rice Stir fry vegetables | Chicken nuggets Mashed potatoes & gravy Fresh baked bread | Pork tenderloin sandwich ^(P) BBQ rib sandwich ^(P) Baked beans Sugar cookie | Crispito served with shredded lettuce, diced tomato and cheese Refried beans | Personal pan pizzas (Cheese, pepperoni or Mediterranean) Romaine salad mix |
| Additional sides offered daily (see above) | | | | | |

| Main Line | Mon. April 10 | Tues. April 11 | Wed. April 12 | Thurs. April 13 | Fri. April 14 |
|--|--|---|---|--|--|
| Breakfast entrée: | French toast sticks | Pancake on a stick ^(P) | Breakfast burrito | Frudel pastry | Long John |
| Classic entrees: | 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 |
| Additional sides offered daily (see above) | | | | | |

Menu subject to change

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

Milk choices: Skim, 1%, skim chocolate

Breakfast served daily. Choices include daily entrée or two grains, one fruit or juice and milk.

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



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. 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/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) Yogurt parfait with granola bar WG pizza variety | Salad bar PBJ sandwich (2/serving) 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) | Tuesday = 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. April 17 | Tues. April 18 | Wed. April 19 | Thurs. April 20 | Fri. April 21 |
|--|---|------------------------------------|--|--|--|
| Breakfast entrée: | Breakfast pizza ^(P) | Waffle sticks | Breakfast combo ^(P) | Cinnamon roll | Breakfast sandwich |
| Classic entrees: | Mandarin orange chicken | Chicken strips Fresh baked roll | Fish sandwich Hot n' spicy chicken sandwich | Pulled pork ^(P) BBQ pork sandwich ^(P) Tator tots | Chicken fajita with peppers & onions |
| Additional sides offered daily (see above) | Seasoned brown rice Chicken/vegetable eggroll Stir fry vegetables | Baked French fries | Baked beans | Peanut butter chocolate chip cookie | Spanish rice Fajita toppings including lettuce, tomato & cheese |

| Main Line | Mon. April 24 | Tues. April 25 | Wed. April 26 | Thurs. April 27 | Fri. April 28 |
|--|-----------------------|--------------------------------------|--|---|---|
| Breakfast entrée: | | Pancake on a stick | Breakfast burrito | Frudel pastry | Long john |
| Classic entrees: | | Popcorn chicken Fresh baked bread | Rotini or mini cheese ravioli with marinara meat sauce | Hot ham & cheese with pretzel roll | Philly cheese steak or chicken sandwich |
| Additional sides offered daily (see above) | NO SCHOOL K-12 | Romaine salad mix | Breadsticks Romaine salad mix | Buffalo chicken wrap Tater tots Chocolate brownie | Fajita veggies Steamed green beans |

| Main Line | Mon. May 1 | Tues. May 2 | Wed. May 3 | Thurs. May 4 | Fri. May 5 |
|--|---|--|--|--|--|
| Breakfast entrée: | Breakfast pizza ^(P) | Waffle sticks | Breakfast combo ^(P) | Cinnamon roll | Breakfast sandwich |
| Classic entrees: | Sweet chili Thai Chicken served with seasoned brown rice | Chicken nuggets Mashed potatoes & gravy | Pork tenderloin sandwich ^(P) BBQ rib sandwich ^(P) | Crispito served with shredded lettuce, diced tomato and cheese | Personal pan pizzas (Cheese, pepperoni or Mediterranean) |
| Additional sides offered daily (see above) | Stir fry vegetables | Fresh baked bread | Baked beans Sugar cookie | Refried beans | Romaine salad mix |

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: \$.40

OVER