




## 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 vegetable
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 26	Tues. March 27	Wed. March 28	Thurs. March 29	Fri. March 30
Breakfast entrée:	Breakfast pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	
Classic entrees:	Chicken teriyaki Seasoned brown rice Stir fry vegetables Fortune cookie	Chicken nuggets Mashed potatoes Gravy Dinner roll	Pork tenderloin sandwich <sup>(P)</sup> <b>OR</b> BBQ rib sandwich <sup>(P)</sup> Baked beans Sugar cookie	Crispito served with shredded lettuce, diced tomato and cheese Refried beans	<b>No School K-12</b>
<b>Additional sides offered daily (see above)</b>					

Main Line	Mon. April 2	Tues. April 3	Wed. April 4	Thurs. April 5	Fri. April 6
Breakfast entrée:	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:	Baked lasagna <b>OR</b> Macaroni & cheese Breadsticks Romaine salad mix	Breaded chicken patty sandwich Steamed broccoli & cheese sauce	French toast sticks Turkey sausage Links Potato triangles	Chicken parmesan With spaghetti Fresh baked bread Chocolate cake	Walking taco Shredded lettuce, tomatoes & cheese Refried beans
<b>Additional sides offered daily (see above)</b>					

Main Line	Mon. April 9	Tues. April 10	Wed. April 11	Thurs. April 12	Fri. April 13
Breakfast entrée:	Breakfast pizza	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:	Mandarin orange chicken Seasoned brown rice Chicken/vegetable egg roll Stir fry vegetables	Chicken strips Fresh baked roll Baked french fries	Fish sandwich <b>OR</b> Hot n' spicy chicken sandwich Baked beans	Pulled pork <sup>(P)</sup> <b>OR</b> BBQ pork sandwich <sup>(P)</sup> Tator tots Peanut butter chocolate chip cookie	Chicken fajita with peppers & onions Spanish rice Lettuce, tomato & cheese
<b>Additional sides offered daily (see above)</b>					

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: \$2.60; Grades 6-8: \$2.65
Grades 9-12: \$2.70; Breakfast K-12: \$1.50
Adult: Breakfast \$1.70/Lunch \$3.55
Reduced Breakfast: \$.30; Lunch:

OVER



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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)	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 vegetable
Daily sides:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main Line	Mon. April 16	Tues. April 17	Wed. April 18	Thurs. April 19	Fri. April 20
Breakfast entrée:	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:	Beef taco or pork <sup>(P)</sup> carnita w/hard shells or soft tortillas Lettuce, tomato & cheese Refried beans	Popcorn chicken Fresh baked bread Romaine salad mix	Rotini <b>OR</b> Mini cheese ravioli w/meat sauce Breadsticks Romaine salad mix	Hot ham & cheese with pretzel roll <b>OR</b> Buffalo chicken wrap Sweet potato fries Chocolate brownie	Philly cheese steak <b>OR</b> Chicken cheese steak Fajita veggies Steamed green beans
<b>Additional sides offered daily (see above)</b>					

Main Line	Mon April 23	Tues. April 24	Wed. April 25	Thurs. April 26	Fri. April 27
Breakfast entrée:	Breakfast pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:	Chicken teriyaki Seasoned brown rice Stir fry vegetables Fortune cookie	Chicken nuggets Mashed potatoes & gravy Dinner roll	Pork tenderloin sandwich <sup>(P)</sup> <b>OR</b> BBQ rib sandwich <sup>(P)</sup> 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
<b>Additional sides offered daily (see above)</b>					

Main Line	Mon. April 30	Tues. May 1	Wed. May 2	Thurs. May 3	Fri. May 4
Breakfast entrée:		Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:		Breaded chicken patty sandwich Broccoli & cheese sauce	French toast sticks Turkey sausage inks Potato triangles	Chicken parmesan With spaghetti Fresh baked bread Chocolate cake	Walking taco Shredded lettuce, tomatoes & cheese Refried beans
<b>Additional sides offered daily (see above)</b>	<b>No School K-12</b>				

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Reduced Breakfast: \$.30; Lunch: \$.40