



## 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.

February/ March 2018

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	Soup & sandwich bar Romaine salad mix
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. Feb. 12	Tues. Feb. 13	Wed. Feb. 14	Thurs. Feb. 15	Fri. Feb. 16
Breakfast entrée:	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:	Beef taco or pork carnita <sup>(P)</sup> with choice of hard shells or soft tortillas	Popcorn chicken Fresh baked bread	Rotini noodles <b>OR</b> Mini cheese ravioli W/meat sauce	Hot ham & cheese on a pretzel roll Buffalo chicken wrap	Philly cheese steak <b>OR</b> Chicken cheese steak
<b>Additional sides offered daily (see above)</b>	Lettuce, tomato & cheese Refried beans	Romaine salad mix	Breadsticks Romaine salad mix	Tater tots Chocolate brownie	Fajita veggies Steamed green beans Soup: Cheeseburger or Minestrone

Main Line	Mon. Feb. 19	Tues. Feb. 20	Wed. Feb. 21	Thurs. Feb. 22	Fri. Feb. 23
Breakfast entrée:		Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:		Chicken nuggets Mashed potatoes	Pork tenderloin sandwich <sup>(P)</sup> <b>OR</b> BBQ rib sandwich <sup>(P)</sup>	Crispito served with shredded lettuce, diced tomato and cheese	Personal pan pizzas (Cheese, pepperoni or Mediterranean)
<b>Additional sides offered daily (see above)</b>	<b>No School K-12</b>	Gravy Dinner roll	Baked beans Sugar cookie	Refried beans	Romaine salad mix <b>Soup:</b> Chicken noodle/Chili

Main Line	Mon. Feb. 26	Tues. Feb. 27	Wed. Feb. 28	Thurs. Mar. 1	Fri. Mar. 2
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>	Breaded chicken patty sandwich	French toast sticks Turkey sausage links	Chicken parmesan With spaghetti	Walking taco Shredded lettuce, tomatoes & cheese
<b>Additional sides offered daily (see above)</b>	Macaroni & cheese Breadsticks Romaine salad mix	Broccoli & cheese sauce	Potato triangles	Fresh baked bread Chocolate cake	Refried beans Soup: Tomato/chicken

USDA is an equal opportunity provider/employer

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.

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: \$1.75
--

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) 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	Soup & sandwich bar Romaine salad mix
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. Mar. 5	Tues. Mar. 6	Wed. Mar. 7	Thurs. Mar. 8	Fri. Mar. 9
Breakfast entrée:	Breakfast pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast S/W <sup>(P)</sup>
Classic entrees:  Additional sides offered daily (see above)	Mandarin orange chicken Seasoned brown rice Chicken/vegetable egg roll Stir fry vegetables	Chicken strips Fresh baked roll Baked french fries	Fish sandwich OR Hot n' spicy chicken sandwich Baked beans	Pulled pork <sup>(P)</sup> OR BBQ pork <sup>(P)</sup> S/W Tator tots Peanut butter chocolate chip cookie	Chicken Fajita w/tortillas Fajita veggies Spanish rice Lettuce,tomato/cheese Soup:Potato/meatbal I Italiano

Main Line	Mon. Mar. 12	Tues. Mar. 13	Wed. Mar. 14	Thurs. Mar. 15	Fri. Mar. 16
Breakfast entrée:					
Classic entrees:  Additional sides offered daily (see above)	No School K-12	No School K-12	No School K-12 	No School K-12	No School K-12

Main Line	Mon. Mar. 19	Tues. Mar. 20	Wed. Mar. 21	Thurs. Mar. 22	Fri. Mar. 23
Breakfast entrée:	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:  Additional sides offered daily (see above)	Beef taco or pork carnita <sup>(P)</sup> with choice of hard shells or soft tortillas Lettuce, tomato & cheese Refried beans	Popcorn chicken Fresh baked bread Romaine salad mix	Rotini noodles OR Mini cheese ravioli W/meat sauce Breadsticks Romaine salad mix	Hot ham & cheese on a pretzel roll Buffalo chicken wrap Tater tots Chocolate brownie	Philly cheese steak OR Chicken cheese steak Fajita veggies Steamed green beans Hamburger bar

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: \$2.60; 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: \$.40

OVER