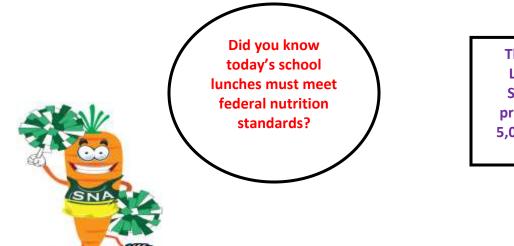
Daily breakfast includes listed menu item, cereal/oatmeal, 100% juice/fruit & milk. (P) denotes pork product ½ pint milk served with each lunch Menu subject to change		October 2017 R		Lunch K-5: \$2.60; 6-8: \$2.65 9-12: \$2.70; Breakfast K-12: \$1.50 Adult: Breakfast \$1.70/Lunch \$3.55 educed Breakfast: \$.30; Lunch: \$.40 A is an equal opportunity provider	
2-Day 4 BKF: Apple bosco stick Chicken parmesan w/spaghetti Breadstick Steamed green beans Baby carrots Fruit cocktail Fresh fruit variety Potato bar Salad bar	<b>3-Day 5 BKF: WG poptart</b> Waffle Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar	<b>4-Day 6 BKF: Cinnamon roll</b> Crispitos w/cheese sauce Shredded lettuce/diced tomato Steamed broccoli Grapes Fresh fruit variety Yogurt bar Salad bar	5-Day 1 BKF: Waffle sticks Beef philly cheese steak s/w Baked beans Roasted pepper & onions Cucumber,pepper,tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar	6-Day 2 BKF: Breakfast sandwich Pizza(cheese or pepperoni <sup>(p))</sup> Romaine salad mix Fresh veggie cup Melon mix Fresh fruit variety Sandwich/PBJ bar Salad bar Sugar cookie	
9-Day 3 BKF:Pancake on a stick Pork(p) tenderloin s/w Baked beans Baby carrots Pear slices Fresh fruit variety Potato bar Salad bar	<b>10-Day 4 BKF: Muffin</b> Beef Nachos w/ tortilla chips Shredded lettuce/diced tomato Broccoli florets Mixed fruit Fresh fruit variety Hamburger bar Salad bar	<b>11-Day 5 BKF: Apple bosco</b> Rotini with meat sauce Garlic breadstick Romaine salad mix Celery sticks(pb or ranch cup) Grapes Fresh fruit variety Yogurt bar Salad bar	12-Day 6 BKF: Cereal bar Mandarin orange chicken w/ brown rice Chicken and vegetable eggroll Sugar snap peas Cucumber,pepper,tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar	<b>13-Day 1 BKF: Breakfast wrap</b> Chicken strips Fresh baked bread Baked French fries Fresh veggie cup Applesauce Fresh fruit variety Sandwich/PBJ bar Salad bar	



The dedicated staff in Linn-Mar's Nutrition Services Department prepare and serve over 5,000 meals each school day!



Daily breakfast includes listed menu item, cereal/oatmeal, 100% juice/fruit & milk. (P) denotes pork product ½ pint milk served with each lunch Menu subject to change				Lunch K-5: \$2.60; 6-8: \$2.65 12: \$2.70; Breakfast K-12: \$1.50 ult: Breakfast \$1.70/Lunch \$3.55 iced Breakfast: \$.30; Lunch: \$.40 is an equal opportunity provider
<b>16-Day 2 BKF: Bagel bites</b> Lasagna with meat sauce Garlic toast Romaine blend lettuce salad Steamed broccoli Peaches Fresh fruit variety Potato bar Salad bar	<b>17-Day 3 BKF: Combo bar</b> <sup>(p)</sup> Pancakes Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar	<b>18-Day 4 BKF: Breakfast pizza<sup>(p)</sup></b> Sloppy Joe s/w Baked beans Celery sticks(pb or ranch cup) Pear slices Fresh fruit variety Yogurt bar Salad bar	<b>19-Day 5 BKF: Long john</b> Pizza sticks w/ marinara sauce Romaine salad mix Cucumber,pepper,tomato cup Mixed fruit Grapes Hot dog bar Salad bar	20- Day 6 BKF: French toast Chicken patty s/w Corn Lettuce/tomato/pickle Mandarin oranges Fresh fruit variety Sandwich/PBJ bar Salad bar Chocolate chip cookie
23- Day 1 BKF: Frudel pastry BBQ rib s/w Baked beans Baby carrots Applesauce Fresh fruit variety Potato bar Salad bar	24-Day 2 BKF: WG poptart Mini corn dogs Sweet potato fries Broccoli florets Peach slices Fresh fruit variety Hamburger bar Salad bar	25-Day 3 BKF: Cinnamon roll Chicken teriyaki w/brown rice Dinner roll Stir fry vegetables Celery sticks(pb or ranch cup) Pineapple Fresh fruit variety Yogurt bar Salad bar	<sup>26</sup> NO SCHOOL K-12	27 NO SCHOOL K-12
30 NO SCHOOL K-12	<b>31-Day 4 BKF: WG poptart</b> Waffle Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar	1-Day 5 BKF: Cinnamon roll Crispitos w/cheese sauce Shredded lettuce/diced tomato Steamed broccoli Grapes Fresh fruit variety Yogurt bar Salad bar	2-Day 6 BKF: Waffle sticks Beef philly cheese steak s/w Baked beans Roasted pepper & onions Cucumber,pepper,tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar	3-Day 1 BKF: Breakfast sandwich Pizza(cheese or pepperoni <sup>(p))</sup> Romaine salad mix Fresh veggie cup Melon mix Fresh fruit variety Sandwich/PBJ bar Salad bar Sugar cookie

