



## 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. August 21	Tues. August 22	Wed. August 23	Thurs. August 24	Fri. August 25
Breakfast entrée:			Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:			Fish sandwich Hot n' spicy chicken sandwich Baked beans	Pulled pork <sup>(P)</sup> BBQ pork sandwich <sup>(P)</sup> Tator tots Peanut butter chocolate chip cookie	Chicken fajita with peppers & onions Spanish rice Fajita toppings including lettuce, tomato & cheese
Additional sides offered daily (see above)					

Main Line	Mon. August 28	Tues. August 29	Wed. August 30	Thurs. August 31	Fri. Sept. 1
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 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	Hot ham & cheese with pretzel roll Buffalo chicken wrap Tater tots Chocolate brownie	Philly cheese steak or chicken sandwich Fajita veggies Steamed green beans
Additional sides offered daily (see above)					

Main Line	Mon. Sept. 4	Tues. Sept. 5	Wed. Sept. 6	Thurs. Sept. 7	Fri. Sept. 8
Breakfast entrée:		Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:		Chicken nuggets Mashed potatoes & gravy Fresh baked bread	Pork tenderloin sandwich <sup>(P)</sup> 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
Additional sides offered daily (see above)	No School Labor Day				

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: \$.4

OVER



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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
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Main Line	Mon. Sept. 11	Tues. Sept. 12	Wed. Sept. 13	Thurs. Sept. 14	Fri. Sept. 15
Breakfast entrée:	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:	Baked lasagna Macaroni & cheese Breadsticks Romaine salad mix	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
Additional sides offered daily (see above)					

Main Line	Mon. Sept. 18	Tues. Sept. 19	Wed. Sept. 20	Thurs. Sept. 21	Fri. Sept. 22
Breakfast entrée:	Breakfast pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:	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 <sup>(P)</sup> BBQ pork sandwich <sup>(P)</sup> Tator tots Peanut butter chocolate chip cookie	Chicken fajita with peppers & onions Spanish rice Fajita toppings including lettuce, tomato & cheese
Additional sides offered daily (see above)					

Main Line	Mon. Sept. 25	Tues. Sept. 26	Wed. Sept. 27	Thurs. Sept. 28	Fri. Sept. 29
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 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	Hot ham & cheese with pretzel roll Buffalo chicken wrap Tater tots White cake	Philly cheese steak or chicken sandwich Fajita veggies Steamed green beans
Additional sides offered daily (see above)					

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