



## 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	Soup and 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. Oct. 2	Tues. Oct. 3	Wed. Oct. 4	Thurs. Oct. 5	Fri. Oct. 6
Breakfast entrée:	Breakfast pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:  Additional sides offered daily (see above)	Sweet chili Thai chicken 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 pizza (Cheese, pepperoni or Mediterranean) Romaine salad mix

Main Line	Mon. Oct. 9	Tues. Oct. 10	Wed. Oct. 11	Thurs. Oct. 12	Fri. Oct. 13
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)	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

Main Line	Mon. Oct. 16	Tues. Oct. 17	Wed. Oct. 18	Thurs. Oct. 19	Fri. Oct. 20
Breakfast entrée:	Breakfast pizza	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
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 <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

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: \$.40

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) 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 and sandwich bar Romaine salad mix
Daily sides:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main Line	Mon. Oct. 23	Tues. Oct. 24	Wed. Oct. 25	Thurs. Oct. 26	Fri. Oct. 27
Breakfast entrée:	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast burrito		
Classic entrees:  Additional sides offered daily (see above)	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/meatsauce Breadsticks Romaine salad mix	NO SCHOOL K-12	NO SCHOOL K-12

Main Line	Mon Oct. 30	Tues. Oct. 31	Wed. Nov. 1	Thurs. Nov. 2	Fri. Nov. 3
Breakfast entrée:		Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:  Additional sides offered daily (see above)	NO SCHOOL K-12	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

Main Line	Mon. Nov. 6	Tues. Nov. 7	Wed. Nov. 8	Thurs. Nov. 9	Fri. Nov. 10
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)	Baked lasagna <b>OR</b> Macaroni & cheese Breadsticks Romaine salad mix	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

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