



Linn-Mar Community Schools 2018-2019 Elementary Cycle Menu

Breakfast (includes cereal, milk, juice and posted entrée): **Student 1.50**

Adult: \$1.70

Lunch: (Includes choice of entrée, milk and sides): **Student \$2.60**

Adult: \$3.65

A la carte milk \$0.50

August

M	T	W	T	F
			23	24
27	28	29	30	31

September

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

October

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

Elementary school not in session

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Cereal bar	Apple bosco stick	Bagel bites	Waffle sticks	Toast
<ul style="list-style-type: none"> • Personal pan pizza (Cheese) • Pigs in a blanket Corn Fresh veggie cup Applesauce • Lion Cub Meal 	<ul style="list-style-type: none"> • French toast sticks with egg omelet • Fish sandwich Smiley potatoes Fresh veggie cup Grapes • Lion Cub Meal 	<ul style="list-style-type: none"> • Chicken strips with fresh baked roll • Sun butter & jelly sandwich w/string cheese Baked beans Fresh veggie cup Mixed fruit • Lion Cub Meal 	<ul style="list-style-type: none"> • Chicken patty s/w • Rotini & meat sauce with breadstick Romaine blend lettuce & tomato salad Fresh veggie cup Fresh fruit cup • Lion Cub Meal 	<ul style="list-style-type: none"> • Hot dog with bun • Chicken teriyaki & seasoned rice Stir fry vegetables Fresh veggie cup Mandarin oranges • Lion Cub Meal
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Long john	Bagel / hard-boiled egg	Fresh baked muffin	French toast sticks	Toast
<ul style="list-style-type: none"> • Stuffed cheese sticks • Hot shredded beef sandwich Green beans Fresh veggie cup Pineapple chunks Chocolate chip cookie • Lion Cub Meal 	<ul style="list-style-type: none"> • Pancakes & little smokies* • Macaroni & cheese Tator tots Fresh veggie cup Juicy orange wedges • Lion Cub Meal 	<ul style="list-style-type: none"> • Taco with tortilla chips • Hoagie sub s/w Lettuce & tomato Refried beans Pears • Lion Cub Meal 	<ul style="list-style-type: none"> • Popcorn chicken with b&b sandwich • Breakfast sandwich Mixed vegetables Fresh veggie cup Fresh fruit cup • Lion Cub Meal 	<ul style="list-style-type: none"> • Mini corn dogs • Soft pretzel with cheese sauce Potato triangle Fresh veggie cup Strawberries • Lion Cub Meal
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: WG Poptart	Mini WG donuts	Frudel pastry	Pancake on a stick*	Toast
<ul style="list-style-type: none"> • Hamburger • Grilled cheese sandwich Baked beans Fresh veggie cup Apple slices • Lion Cub Meal 	<ul style="list-style-type: none"> • Garlic cheese bread • Pigs in a blanket Sunshine carrots Fresh veggie cup Mandarin oranges • Lion Cub Meal 	<ul style="list-style-type: none"> • Pizza crunchers • Pretzel roll with hot ham & cheese Sweet potato fries Fresh veggie cup Pineapple Chunks • Lion Cub Meal 	<ul style="list-style-type: none"> • Yogurt parfait with fruit & granola • Lasagna Romaine blend lettuce & tomato salad Fresh veggie cup Fresh fruit cup Chocolate chip muffin • Lion Cub Meal 	<ul style="list-style-type: none"> • Chicken nuggets with b&b sandwich • Shrimp poppers with b&b sandwich Mashed potatoes & gravy Fresh veggie cup Peaches • Lion Cub Meal

• **Entrée Choice**

Lion Cub Meal

Fruit, yogurt, cheese, crackers and a veggie (including beans when menued)

Sunbutter & jelly sandwich Peanut free option made with sunflower seeds

Menu subject to change without notice

*May contain pork

This institution is an equal opportunity provider