




2018-2019 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
Bar Entrée: 	Hamburger bar with assorted toppings Hot veggie	Chicken on all lines this day! It's your favorite!!	Yogurt bar with assorted toppings including fruit and a muffin.	Hot dog bar with assorted toppings Baked beans	Soup & Sandwich bar Lettuce salad Fresh veggies Fresh fruit
Fresh sides:	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety

Main Line	Mon. December 31	Tues. January 1	Wed. January 2	Thurs. January 3	Fri. January 4
Breakfast entrée:			Breakfast combo bar ^(P)	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	NO SCHOOL K-12	NO SCHOOL K-12	Pork tenderloin ^(P) OR BBQ rib ^(P) sandwich Lettuce and tomato Baked beans Orange slices	Crispitos served w/cheese sauce Shredded lettuce & diced tomatoes Refried beans Grapes	Personal pan pizzas Variety: pepperoni or cheese Romaine salad mix Bananas Snickerdoodle cookie
Main Line	Mon. January 7	Tues. January 8	Wed. January 9	Thurs. January 10	Fri. January 11
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Egg and cheese wrap		
Classic entrees:	Homemade Lasagna Breadstick Romaine salad Peaches	Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce	Walking tacos w/tortilla chips Lettuce, tomato & cheese Refried beans Apple	Semester Exams Sack Lunch	Semester Exams Sack Lunch

Main Line	Mon. January 14	Tues. January 15	Wed. January 16	Thurs. January 17	Fri. January 18
Breakfast entrée:		Bagel bites	Breakfast combo bar	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	NO SCHOOL K-12	Chicken strips Dinner roll Baked french fries Pineapple	Fish sandwich OR Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Applesauce	Chicken Parmesan w/ spaghetti noodles Romaine salad mix Cheese stuffed breadstick Pears	Pepperoni cheese bread OR Garlic cheese bread Romaine salad mix Mixed fruit Chocolate chip cookie

Menu subject to change

WG = whole grain; (P) = denotes pork product
 Milk choices: Skim, 1%, skim chocolate
 USDA is an equal opportunity provider/employer


Grades 9-12: \$2.70; Breakfast 9-12: \$1.50
 Adult: Breakfast \$1.70/Lunch \$3.65
 Reduced Breakfast: \$.30; Lunch: \$.40

OVER



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Bar Entrée: 	Hamburger bar with assorted toppings Hot veggie	Chicken on all lines this day! It's your favorite!!	Yogurt bar with assorted toppings including fruit and a muffin.	Hot dog bar with assorted toppings Baked beans	Soup & Sandwich bar Lettuce salad Fresh veggies Fresh fruit
Fresh sides:	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety	Fresh vegetables Fresh fruit variety

Main Line	Mon. January 21	Tues. January 22	Wed. January 23	Thurs. January 24	Fri. January 25
Breakfast entrée:		Pancake on a stick ^(P)	Egg & cheese wrap	Fruit filled pastry	Sausage/egg/cheese english muffin
Classic entrees:	NO SCHOOL K-12	Popcorn chicken Green beans Fresh baked bread Pineapple	Rotini noodles OR Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Peaches	Buffalo Chicken Wrap OR Hot ham and cheese pretzel sandwich w/lettuce and tomato Sweet potato fries Applesauce	Grilled chicken sandwich Tater tots Fresh fruit cup Sunshine cake

Main Line	Mon. January 28	Tues. January 29	Wed. January 30	Thurs. January 31	Fri. February 1
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar ^(P)	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	Mandarin orange chicken Seasoned brown rice Chicken and Vegetable egg roll Stir fry vegetables Mandarin oranges	Chicken nuggets Fresh dinner roll Mashed potatoes Gravy Peaches	Pork tenderloin ^(P) OR BBQ rib ^(P) sandwich Lettuce and tomato Baked beans Orange slices	Crispitos served w/cheese sauce Shredded lettuce & diced tomatoes Refried beans Grapes	Personal pan pizzas Variety: pepperoni or cheese Romaine salad mix Bananas Snickerdoodle cookie

Main Line	Mon. February 4	Tues. February 5	Wed. February 6	Thurs. February 7	Fri. February 8
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Egg & cheese wrap	Fruit filled pastry	Sausage/egg/cheese english muffin
Classic entrees:	Homemade Lasagna Breadstick Romaine salad Peaches	Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce	French toast sticks Egg omelets Potato Triangles Strawberry cups	Pizza crunchers Sweet potato fries Romaine salad Pear slices	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple Brownie

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