




## 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
<b>Entrée:</b> 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
<b>Bar Entrée:</b> 	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
<b>Fresh sides:</b>	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. February 11	Tues. February 12	Wed. February 13	Thurs. February 14	Fri. February 15
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar <sup>(P)</sup>	Cinnamon roll	Ham, egg & cheese croissant
<b>Classic entrees:</b>	Teriyaki Chicken Seasoned brown rice Stir fry vegetables Mandarin oranges	Chicken strips Dinner roll Baked french fries Pineapple	Fish sandwich <b>OR</b> Hot and spicy chicken sandwich Lettuce and tomato Baked beans Applesauce	Chicken Parmesan w/ spaghetti noodles Romaine salad mix Cheese stuffed breadstick Pears	Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Kiwi and grapes
Main Line	Mon. February 18	Tues. February 19	Wed. February 20	Thurs. February 21	Fri. February 22
<b>Breakfast entrée:</b>	French toast sticks	Pancake on a stick <sup>(P)</sup>	Egg and cheese wrap	Fruit filled pastry	Sausage/egg/cheese english muffin
<b>Classic entrees:</b>	Beef Taco Choice of hard shells or soft tortillas. Served with lettuce, tomato & cheese Refried Beans Mixed fruit	Popcorn chicken Green beans Fresh baked bread Peaches	Rotini noodles <b>OR</b> Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Pineapple	Buffalo Chicken Wrap <b>OR</b> Hot ham and cheese pretzel sandwich w/shredded lettuce and tomato Sweet potato fries Applesauce	Grilled chicken sandwich Tater tots Banana Chocolate chip cookie

Main Line	Mon. February 25	Tues. February 26	Wed. February 27	Thurs. February 28	Fri. March 1
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar <sup>(P)</sup>	Cinnamon roll	Ham, egg & cheese croissant
<b>Classic entrees:</b>	Mandarin orange chicken Seasoned brown rice Chicken & vegetable egg roll Stir fry vegetables Pineapple chunks	Chicken nuggets Fresh dinner roll Mashed potatoes Gravy Mandarin oranges	Pork tenderloin <b>OR</b> Shredded beef sandwich Lettuce and tomato Baked beans Orange slices	Crispitos served w/cheese sauce Shredded lettuce & diced tomatoes Refried beans Tropical fruit	Personal pan pizzas Variety: pepperoni or cheese Romaine salad mix Kiwi and grapes

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

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Everyday Options	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée:</b> 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
<b>Bar Entrée:</b> 	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
<b>Fresh sides:</b>	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. March 4	Tues. March 5	Wed. March 6	Thurs. March 7	Fri. March 8
<b>Breakfast entrée:</b>	French toast sticks	Pancake on a stick <sup>(P)</sup>	Egg & cheese wrap	Fruit filled pastry	Sausage/egg/cheese english muffin
<b>Classic entrees:</b>	Homemade lasagna Breadstick Romaine salad Peaches	Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce	French toast sticks Egg omelet Potato Triangles Strawberry cup	Pizza crunchers Sweet potato fries Romaine salad Pear slices	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple slices Sunshine cake

Main Line	Mon. March 11	Tues. March 12	Wed. March 13	Thurs. March 14	Fri. March 15
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar <sup>(P)</sup>	Cinnamon roll	Ham, egg & cheese croissant
<b>Classic entrees:</b>	Teriyaki chicken Seasoned brown rice Stir fry vegetables Mandarin oranges	Chicken strips Dinner roll Baked french fries Pineapples	Fish sandwich <b>OR</b> 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 <b>OR</b> Garlic cheese bread Romaine salad mix Mixed fruit

Main Line	Mon. March 18	Tues. March 19	Wed. March 20	Thurs. March 21	Fri. March 22
<b>Breakfast entrée:</b>	NO SCHOOL K-12	NO SCHOOL K-12	NO SCHOOL K-12	NO SCHOOL K-12	NO SCHOOL K-12
<b>Classic entrees:</b>					

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