




## 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> 	Potato bar Broccoli Cheese or chili Fresh bread	Chicken on all lines this day! It's your favorite!!	Yogurt bar with assorted toppings including fruit and a muffin.	Hot dog bar Cheese or chili Baked beans	Hamburger bar with assorted toppings Hot veggie
<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 25	Tues. March 26	Wed. March 27	Thurs. March 28	Fri. March 29
<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 w/sauce and meatballs Breadstick Romaine salad mix Pineapples	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. April 1	Tues. April 2	Wed. April 3	Thurs. April 4	Fri. April 5
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar(p)	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

Main Line	Mon. April 8	Tues. April 9	Wed. April 10	Thurs. April 11	Fri. April 12
<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 Strawberries	Pizza crunchers Sweet potato fries Romaine salad Pear slices	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple slices White cake

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: \$.4

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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> 	Potato bar Broccoli Cheese or chili Fresh bread	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	Hamburger bar with assorted toppings Hot veggie
<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. April 15	Tues. April 16	Wed. April 17	Thurs. April 18	Fri. April 19
<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 Garlic breadstick Pears	Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Mixed fruit

Main Line	Mon. April 22	Tues. April 23	Wed. April 24	Thurs. April 25	Fri. April 26
<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 w/sauce and meatballs Breadstick Romaine salad mix Peaches	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. April 29	Tues. April 30	Wed. May 1	Thurs. May 2	Fri. May 3
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar(p)	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

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