



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	Hamburger bar 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. May 6	Tues. May 7	Wed. May 8	Thurs. May 9	Fri. May 10
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 Cheese stuffed 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 Tropical fruit Chocolate chip cookie
Main Line	Mon. May 13	Tues. May 14	Wed. May 15	Thurs. May 16	Fri. May 17
Breakfast entrée:	Breakfast pizza ^(P)	Bagel Bites	Breakfast combo bar ^(P)	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	Teriyaki chicken Seasoned brown rice Stir fry vegetables Mandarin oranges	Chicken strips Dinner roll Baked french fries Pineapples	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

Main Line	Mon. May 20	Tues. May 21	Wed. May 22	Thurs. May 23	Fri. May 24
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Egg and cheese wrap	Fruit filled pastry	Sausage/egg/cheese english muffin
Classic entrees:	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 OR Hot ham and cheese pretzel sandwich w/shredded lettuce and tomato Sweet potato fries Applesauce	Grilled chicken sandwich Tater tots Banana 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: 	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 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. May 27	Tues. May 28	Wed. May 29	Thurs. May 30	Fri. May 31
Breakfast entrée:		Bagel bites	Breakfast combo bar(p)	Cook's choice	Cook's choice
Classic entrees:	NO SCHOOL K-12	Pork tenderloin OR Shredded beef sandwich Lettuce and tomato Baked beans Orange slices	Crispitos served w/cheese sauce Shredded lettuce & diced tomatoes Refried beans Tropical fruit	Pepperoni cheese bread OR Garlic cheese bread Romaine salad mix Fresh fruit variety	Cook's choice

Main Line	Mon. June 3	Tues. June 4	Wed. June 5		
Breakfast entrée:					
Classic entrees:	Cook's choice	Sack Lunch	Sack Lunch		

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