





## 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.

### November 12- December 31

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. November 12	Tues. November 13	Wed. November 14	Thurs. November 15	Fri. November 16
<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 Pineapple chunks	Chicken strips Dinner roll Baked french fries Applesauce	Fish sandwich <b>OR</b> Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Orange slices	Chicken Parmesan w/ spaghetti noodles Romaine salad mix Garlic Bread Grapes	Pepperoni <b>OR</b> Garlic cheese bread Romaine salad mix Fresh melon mix Chocolate chip cookie

Main Line	Mon. November 19	Tues. November 20	Wed. November 21	Thurs. November 22	Fri. November 23
<b>Breakfast entrée:</b>	French toast sticks	Pancake on a stick <sup>(P)</sup>			
<b>Classic entrees:</b>	Beef Taco Choice of hard shells or soft tortillas. Served with lettuce, tomato & cheese Refried Beans Kiwi & grapes	Popcorn chicken Green beans Dinner roll Mixed fruit White cake	<b>NO SCHOOL</b> K-12	<b>NO SCHOOL</b> K-12 	<b>NO SCHOOL</b> K-12

Main Line	Mon. November 26	Tues. November 27	Wed. November 28	Thurs. November 29	Fri. November 30
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar	Cinnamon roll	Ham, egg & cheese croissant
<b>Classic entrees:</b>	Mandarin orange chicken Seasoned brown rice Chicken and Vegetable egg roll Stir fry vegetables Mandarin oranges	Chicken nuggets Fresh dinner roll Mashed potatoes Gravy Apple slices	Pork tenderloin <b>OR</b> BBQ rib Sandwich Lettuce and tomato Baked beans Pears	Crispitos served w/cheese sauce Shredded lettuce & diced tomatoes Refried beans Grapes	Personal pan pizzas Variety: pepperoni or cheese Romaine salad mix Strawberries Snickerdoodle 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  
 Adults: Breakfast \$1.70/Lunch \$3.65  
 Reduced Breakfast: \$.30; Lunch: \$.40

OVER

# 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.

November 12- December 31

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. December 3	Tues. December 4	Wed. December 5	Thurs. December 6	Fri. December 7
<b>Breakfast entrée:</b>	French toast sticks		Pancake on a stick <sup>(P)</sup>	Fruit filled pastry	Sausage/egg/cheese english muffin
<b>Classic entrees:</b>	Homemade lasagna Breadstick Romaine salad Pears	NO SCHOOL K-12	Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce	Pizza crunchers Sweet potato fries Romaine salad Peaches	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Fresh fruit cup Brownie

Main Line	Mon. December 10	Tues. December 11	Wed. December 12	Thurs. December 13	Fri. December 14
<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 Pineapple chunks	Chicken strips Dinner roll Baked french fries Mixed fruit	Fish sandwich <b>OR</b> Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Peaches	Chicken Parmesan w/ spaghetti noodles Romaine salad mix Garlic Bread Grapes	Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Fresh melon mix Chocolate chip cookie

Main Line	Mon. December 17	Tues. December 18	Wed. December 19	Thurs. December 20	Fri. December 21
<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>  <small>Menu subject to change WG = whole grain; (P) = denotes pork product Milk choices: Skim, 1%, skim chocolate USDA is an equal opportunity provider/employer</small>	Beef Taco Choice of hard shells or soft tortillas. Served with lettuce, tomato & cheese Refried Beans Kiwi & grapes	Popcorn chicken Green beans Fresh baked bread Apple slices	Rotini noodles <b>OR</b> Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Pears	Buffalo Chicken Wrap <b>OR</b> Hot ham and cheese pretzel sandwich w/lettuce and tomato Sweet potato fries Peaches	Philly cheese steak w/choice of shredded Beef <b>OR</b> shredded chicken Fajita vegetables Tater tots Fresh fruit cup Sunshine cake

No school December 24-January 1

