



# Linn-Mar Community Schools 2018-2019 Elementary Cycle Menu

Breakfast (includes cereal, milk, juice and posted entrée)  
Student 1.50; Adult \$1.70

Lunch: (Includes choice of entrée, milk and sides):  
Student \$2.60; Adult: \$3.65; A la carte milk \$0.50

**Tues., Nov. 20 and Thursday, Dec. 21**  
**It's a holiday feast!**  
Turkey & gravy with mashed potatoes,  
fresh baked roll, corn, peaches, ice  
cream cup. NO ALTERNATE

### November

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### December

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

### January

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

Elementary school not in session

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: Cereal bar</b>	<b>Mini pancakes</b>	<b>Bagel bites</b>	<b>Waffle sticks</b>	<b>Toast</b>
<ul style="list-style-type: none"> <li>Personal pan pizza (Cheese)</li> <li>Pigs in a blanket Corn Fresh veggie cup Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>French toast sticks with egg omelet</li> <li>Fish sandwich Smiley potatoes Fresh veggie cup Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Chicken strips with fresh baked roll</li> <li>Sunbutter &amp; jelly sandwich w/string cheese Baked beans Fresh veggie cup Mixed fruit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken patty s/w</li> <li>Rotini &amp; meat sauce with garlic breadstick Romaine blend lettuce &amp; tomato salad Fresh veggie cup Fruit cup</li> </ul>	<ul style="list-style-type: none"> <li>Hot dog with bun</li> <li>Chicken teriyaki &amp; seasoned rice Stir fry vegetables Fresh veggie cup Mandarin oranges</li> </ul>
• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: Long john</b>	<b>Bagel/hard boiled egg</b>	<b>Fresh baked muffin</b>	<b>French toast sticks</b>	<b>Toast</b>
<ul style="list-style-type: none"> <li>Stuffed cheese sticks</li> <li>Chili with bread/butter sandwich Fresh veggie cup Warm cinnamon apples Chocolate chip cookie</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes &amp; little smokies*</li> <li>Macaroni &amp; cheese Tator tots Fresh veggie cup Juicy orange wedges</li> </ul>	<ul style="list-style-type: none"> <li>Taco with tortilla chips</li> <li>Hoagie sub s/w Lettuce &amp; tomato Refried beans Pears</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn chicken with b&amp;b sandwich</li> <li>Breakfast sandwich Mixed vegetables Fresh veggie cup Fresh fruit cup</li> </ul>	<ul style="list-style-type: none"> <li>Mini corn dogs</li> <li>Soft pretzel with cheese sauce Potato wedges Fresh veggie cup Strawberries</li> </ul>
• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: WG Poptart</b>	<b>Mini WG donuts</b>	<b>Frudel pastry</b>	<b>Pancake on a stick*</b>	<b>Toast</b>
<ul style="list-style-type: none"> <li>Hamburger</li> <li>Grilled cheese sandwich Baked beans Fresh veggie cup Fresh apple slices</li> </ul>	<ul style="list-style-type: none"> <li>Chicken noodle soup with cracker</li> <li>Pigs in a blanket Peas and carrots Fresh veggie cup Mandarin oranges</li> </ul>	<ul style="list-style-type: none"> <li>Pizza crunchers</li> <li>Pretzel roll with hot ham &amp; cheese Sweet potato fries Fresh veggie cup Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Chicken patty s/w</li> <li>Lasagna Garlic breadstick Romaine blend lettuce &amp; tomato salad Fresh veggie cup Fresh fruit cup Sugar cookie</li> </ul>	<ul style="list-style-type: none"> <li>Chicken nuggets with b&amp;b sandwich</li> <li>Shrimp poppers with b&amp;b sandwich Mashed potatoes &amp; gravy Fresh veggie cup Peaches</li> </ul>
• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal	• Lion Cub Meal

• Entrée Choice

Lion Cub Meal

Fruit, yogurt, cheese, crackers and a veggie (including beans when menued)

Sunbutter & jelly sandwich Peanut free option made with sunflower seeds

Menu subject to change without notice

\*May contain pork

This institution is an equal opportunity provider