

Linn-Mar Community Schools 2018-2019 Elementary Cycle Menu

Breakfast: (includes cereal, milk, juice and posted entrée) Lunch: (Includes choice of entrée, milk and sides) Student: \$1.50; Adult: \$1.70 Student: \$2.60; Adult: \$3.65 A la carte milk \$.50

Elementary school not in session

Februa	ary			
М	Т	w	Т	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	

March	1			
М	т	w	Т	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

(Cheese)with egg omeletfresh baked roll• Rotini & meat sauce•• Pigs in a blanket• Fish sandwich• Sun butter & jelly s/ww/garlic breadstick•CornSmiley potatoesw/string cheese andRomaine blend lettuce& tomato saladFresh veggie cupFresh veggie cupBaked beansFresh veggie cupApple slicesApplesauceGrapesBaked beansFresh veggie cupApple slices• Lion Cub Meal• Lion Cub Meal• Lion Cub Meal• Lion Cub Meal• Stuffed cheese sticks• Pancakes & little• Taco with tortilla• Popcorn chicken with	Toast Hot dog with bun Chicken teriyaki & brown rice Stir fry vegetables Fresh veggie cup Mandarin oranges • Lion Cub Meal
(Cheese)with egg omeletfresh baked roll• Rotini & meat sauce•• Pigs in a blanket Corn• Fish sandwich• Sun butter & jelly s/w• Rotini & meat sauce•Smiley potatoes Fresh veggie cup ApplesauceFresh veggie cup GrapesBaked beans Fresh veggie cup Mixed fruit• Rotini & meat sauce•• Lion Cub Meal• TuesdayWednesdayThursday• Stuffed cheese sticks • Chili with sandwich• Pancakes & little mokies*• Taco with tortilla chips• Popcorn chicken with b&b sandwich• Breakfast sandwich b&b sandwich• Fresh veggie cup Marcaroni & cheese Fresh veggie cup orange wedges• Hoagie sub s/w Lettuce & tomato• Breakfast sandwich Mixed vegetables Fresh veggie cup • Breakfast sandwich• Popcorn chicken with b&b sandwich• Popcorn chicken with b&b sandwich	Chicken teriyaki & brown rice Stir fry vegetables Fresh veggie cup Mandarin oranges
• Pigs in a blanket Corn• Fish sandwich Smiley potatoes Fresh veggie cup Applesauce• Fish sandwich Smiley potatoes Fresh veggie cup Grapes• Sun butter& jelly s/w w/string cheese and goldfishw/garlic breadstick Romaine blend lettuce & tomato salad• Pigs in a blanket CornFresh veggie cup 	brown rice Stir fry vegetables Fresh veggie cup Mandarin oranges
Corn Fresh veggie cup ApplesauceSmiley potatoes Fresh veggie cup Grapesw/string cheese and goldfishRomaine blend lettuce & tomato salad Fresh veggie cup Apple slices• Lion Cub Meal• Stuffed cheese sticks • Stuffed cheese sticks• Pancakes & little 	Stir fry vegetables Fresh veggie cup Mandarin oranges
Fresh veggie cup ApplesauceFresh veggie cup Grapesgoldfish Baked beans Fresh veggie cup Mixed fruit& tomato salad Fresh veggie cup 	Fresh veggie cup Mandarin oranges
ApplesauceGrapesBaked beans Fresh veggie cup Mixed fruitFresh veggie cup Apple slices• Lion Cub Meal• Lion Cub MealMondayTuesdayWednesdayThursdayBreakfast: Long johnBagel/hard boiled eggFresh baked muffinFrench toast sticks• Stuffed cheese sticks• Pancakes & little 	Mandarin oranges
Fresh veggie cup Mixed fruitApple slices• Lion Cub Meal• Lion Cub Meal• Lion Cub Meal• Lion Cub MealMondayTuesdayWednesdayThursdayBreakfast: Long johnBagel/hard boiled eggFresh baked muffinFrench toast sticks• Stuffed cheese sticks • Chili with bread/butter sandwich• Pancakes & little • Macaroni & cheese Tator tots• Taco with tortilla chips• Popcorn chicken with b&b sandwich Hoagie sub s/w Lettuce & tomato Refried beans• Breakfast sandwich Mixed vegetables Fresh veggie cup PineappleWarm cinnamon applesOrange wedgesPearsPineapple	-
Mixed fruit• Lion Cub Meal• Lion Cub Meal• Lion Cub Meal• Lion Cub MealMondayTuesdayWednesdayThursdayBreakfast: Long johnBagel/hard boiled eggFresh baked muffinFrench toast sticks• Stuffed cheese sticks• Pancakes & little smokies*• Taco with tortilla chips• Popcorn chicken with b&b sandwich• Chili withsmokies*• Hoagie sub s/w Lettuce & tomato• Breakfast sandwich Mixed vegetablesFresh veggie cupFresh veggie cup Orange wedgesRefried beans PearsFresh veggie cup Pineapple	• Lion Cub Meal
• Lion Cub Meal• Lion Cub Meal• Lion Cub Meal• Lion Cub MealMondayTuesdayWednesdayThursdayBreakfast: Long johnBagel/hard boiled eggFresh baked muffinFrench toast sticks• Stuffed cheese sticks • Chili with• Pancakes & little smokies*• Taco with tortilla chips• Popcorn chicken with b&b sandwich• Dread/butter sandwich• Macaroni & cheese Tator tots• Hoagie sub s/w Lettuce & tomato• Breakfast sandwich Mixed vegetablesFresh veggie cup Warm cinnamon applesFresh veggesPearsPineapple	• Lion Cub Meal
MondayTuesdayWednesdayThursdayBreakfast: Long johnBagel/hard boiled eggFresh baked muffinFrench toast sticks• Stuffed cheese sticks• Pancakes & little smokies*• Taco with tortilla chips• Popcorn chicken with b&b sandwich• Chili withsmokies*chips• Breakfast sandwich Mixed vegetablesbread/butter sandwich• Macaroni & cheese Tator tots• Hoagie sub s/w Lettuce & tomato• Breakfast sandwich Mixed vegetablesFresh veggie cupFresh veggie cup Orange wedgesRefried beans PearsFresh veggie cup Pineapple	• Lion Cub Meal
Breakfast: Long johnBagel/hard boiled eggFresh baked muffinFrench toast sticks• Stuffed cheese sticks • Chili with bread/butter sandwich• Pancakes & little smokies*• Taco with tortilla chips• Popcorn chicken with b&b sandwich• Macaroni & cheese sandwich• Macaroni & cheese Tator tots• Hoagie sub s/w Lettuce & tomato• Breakfast sandwich Mixed vegetablesFresh veggie cup Warm cinnamon applesFresh vegge cup Orange wedgesRefried beans PearsFresh veggie cup Pineapple	
• Stuffed cheese sticks • Pancakes & little • Taco with tortilla • Popcorn chicken with • Chili with smokies* chips • Breakfast sandwich bread/butter • Macaroni & cheese • Hoagie sub s/w • Breakfast sandwich sandwich Tator tots Lettuce & tomato Mixed vegetables Fresh veggie cup Fresh veggie cup Refried beans Fresh veggie cup Warm cinnamon apples Orange wedges Pears Pineapple	
• Chili withsmokies*chipsb&b sandwicho <bbr></bbr> b b&b sandwichbread/butter sandwich• Macaroni & cheese • Macaroni & cheese• Hoagie sub s/w • Hoagie sub s/w• Breakfast sandwich Mixed vegetables• Breakfast sandwich Mixed veget	Toast
bread/butter sandwich• Macaroni & cheese Tator tots• Hoagie sub s/w Lettuce & tomato• Breakfast sandwich Mixed vegetablesFresh veggie cupFresh veggie cupRefried beansFresh veggie cupWarm cinnamon applesOrange wedgesPearsPineapple	• Mini corn dogs
sandwichTator totsLettuce & tomatoMixed vegetablesFresh veggie cupFresh veggie cupRefried beansFresh veggie cupWarm cinnamon applesOrange wedgesPearsPineapple	 Soft pretzel with
Fresh veggie cupFresh veggie cupRefried beansFresh veggie cupWarm cinnamon applesOrange wedgesPearsPineapple	cheese sauce
Warm cinnamon apples Orange wedges Pears Pineapple	Potato wedges
	Fresh veggie cup
Chocolate chip cookie	Strawberry cups
Lion Cub Meal Lion Cub Meal Lion Cub Meal Lion Cub Meal	• Lion Cub Meal
Monday Tuesday Wednesday Thursday	Friday
Breakfast: WG Poptart Mini WG donuts Frudel pastry Pancake on a stick*	Toast
Hamburger • Chicken noodle • Pizza crunchers • Chicken patty s/w • Chicken patty s/w	Chicken nuggets with
Grilled cheese soup with cracker Pretzel roll with hot Lasagna w/	b&b sandwich
sandwich • Pigs in a blanket ham & cheese garlic breadstick • S	Shrimp poppers with
Baked beans Peas and carrots Sweet potato fries Romaine blend lettuce	b&b sandwich
Fresh veggie cup Fresh veggie cup & tomato salad M	Mashed potatoes &
Apple slicesMandarin orangesFruit juice slushieFresh veggie cup	gravy
Orange wedges	
White cake	Fresh veggie cup
Lion Cub Meal Lion Cub Meal Lion Cub Meal Lion Cub Meal	Fresh veggie cup Peaches
Entrée Choice Sun Butter & Jelly sandwich Peanut	
Lion Cub Meal sunflower seeds	Peaches Lion Cub Meal
Fruit, yogurt, cheese, crackers and a veggie (including beans Menu Subject to Change without notic	Peaches Lion Cub Meal

Fruit, yogurt, cheese, crackers and a veggie (including beans when on the menu)

This institution is an equal opportunity provider

*May contain pork