





# 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 <b>OR</b> Taco bar with assorted toppings.	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. August 20	Tues. August 21	Wed. August 22	Thurs. August 23	Fri. August 24
<b>Breakfast entrée:</b>				Cinnamon roll	Ham, egg & cheese croissant
<b>Classic entrees:</b>				Chicken Parmesan w/ spaghetti noodles Romaine salad mix Garlic Bread Pears	Pepperoni <b>OR</b> Garlic cheese bread Romaine salad mix Fresh Melon
Main Line	Mon. August 27	Tues. August 28	Wed. August 29	Thurs. August 30	Fri. August 31
<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 Strawberry cups	Popcorn chicken Green beans Fresh baked bread Fruit cup	Rotini noodles <b>OR</b> Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Pineapple	Buffalo Chicken Wrap <b>OR</b> Hot ham and cheese pretzel sandwich w/shredded lettuce and tomato Kiwi & Grapes	Philly cheese steak w/choice of shredded Beef <b>OR</b> shredded chicken Fajita vegetables Tater tots Mixed fruit

Main Line	Mon. Sept. 3	Tues. Sept. 4	Wed. Sept. 5	Thurs. Sept. 6	Fri. Sept. 7
<b>Breakfast entrée:</b>		Bagel bites	Breakfast combo bar	Cinnamon roll	Ham, egg & cheese croissant
<b>Classic entrees:</b>	No School Labor Day	Chicken nuggets Fresh dinner roll Mashed potatoes Gravy Peaches	Pork tenderloin BBQ rib Sandwich Lettuce and tomato Baked beans Orange slices	Crispitos served w/cheese sauce Shredded lettuce, diced tomatoes Refried beans Grapes	Personal pan pizzas Variety: pepperoni, cheese or Mediterranean. Romaine salad mix Bananas

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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<b>Bar Entrée:</b> 	Potato bar <b>OR</b> Taco bar with assorted toppings	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. Sept. 10	Tues. Sept. 11	Wed. Sept. 12	Thurs. Sept. 13	Fri. Sept. 14
<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>	Lasagna roll up Breadstick Mixed vegetables Pineapple	Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce	French toast sticks Egg omelets Potato Triangles Strawberries	Pizza crunchers Sweet potato fries Romaine salad Pear slices	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple

Main Line	Mon. Sept. 17	Tues. Sept. 18	Wed. Sept. 19	Thurs. Sept. 20	Fri. Sept. 21
<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>	Mandarin orange chicken Seasoned brown rice Chicken/Vegetable egg roll Stir fry vegetables Mandarin oranges	Chicken strips Dinner roll Baked french fries Peaches	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 Bread Pears	Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Fresh Melon

Main Line	Mon. Sept. 24	Tues. Sept. 25	Wed. Sept. 26	Thurs. Sept. 27	Fri. Sept. 28
<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>	Beef Taco Choice of hard shells or soft tortillas. Served with lettuce, tomato & cheese Refried Beans Strawberry cups	Popcorn chicken Green beans Fresh baked bread Fruit cup	Rotini noodles <b>OR</b> Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Pineapple	Buffalo Chicken Wrap <b>OR</b> Hot ham and cheese pretzel sandwich w/lettuce and tomato Kiwi & Grapes	Philly cheese steak w/choice of shredded Beef <b>OR</b> shredded chicken Fajita vegetables Tater tots Mixed fruit

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