





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: 	Potato bar OR 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
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. August 20	Tues. August 21	Wed. August 22	Thurs. August 23	Fri. August 24
Breakfast entrée:				Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:				Chicken Parmesan w/ spaghetti noodles Romaine salad mix Garlic Bread Pears	Pepperoni OR Garlic cheese bread Romaine salad mix Fresh Melon Chocolate chip cookie
Main Line	Mon. August 27	Tues. August 28	Wed. August 29	Thurs. August 30	Fri. August 31
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 Kiwi & grapes	Popcorn chicken Green beans Fresh baked bread Strawberries	Rotini noodles OR Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Peaches	Buffalo Chicken Wrap OR Hot ham and cheese pretzel sandwich w/shredded lettuce and tomato Applesauce	Philly cheese steak w/choice of shredded Beef OR shredded chicken Fajita vegetables Tater tots Mixed fruit Sunshine cake

Main Line	Mon. Sept. 3	Tues. Sept. 4	Wed. Sept. 5	Thurs. Sept. 6	Fri. Sept. 7
Breakfast entrée:		Bagel bites	Breakfast combo bar	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	No School Labor Day	Chicken nuggets Fresh dinner roll Mashed potatoes Gravy Pineapples	Pork tenderloin OR 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 or cheese Romaine salad mix Bananas 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
 Adult: Breakfast \$1.70/Lunch \$3.65
 Reduced Breakfast: \$.30; Lunch: \$.40

OVER



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Bar Entrée: 	Potato bar OR 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
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. Sept. 10	Tues. Sept. 11	Wed. Sept. 12	Thurs. Sept. 13	Fri. Sept. 14
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Egg & cheese wrap	Fruit filled pastry	Sausage/egg/cheese english muffin
Classic entrees:	Lasagna roll up Breadstick Romaine salad Peaches	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 Brownie

Main Line	Mon. Sept. 17	Tues. Sept. 18	Wed. Sept. 19	Thurs. Sept. 20	Fri. Sept. 21
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar ^(P)	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	Mandarin orange chicken Seasoned brown rice Chicken/Vegetable egg roll 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 Garlic Bread Pears	Pepperoni cheese bread OR Garlic cheese bread Romaine salad mix Fresh Melon Chocolate chip cookie

Main Line	Mon. Sept. 24	Tues. Sept. 25	Wed. Sept. 26	Thurs. Sept. 27	Fri. Sept. 28
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Egg & 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 Kiwi & grapes	Popcorn chicken Green beans Fresh baked bread Strawberries	Rotini noodles OR Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Peaches	Buffalo Chicken Wrap OR Hot ham and cheese pretzel sandwich w/lettuce and tomato Applesauce	Philly cheese steak w/choice of shredded Beef OR shredded chicken Fajita vegetables Tater tots Mixed fruit Sunshine cake

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