




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. October 1	Tues. October 2	Wed. October 3	Thurs. October 4	Fri. October 5
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar ^(P)	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	Sweet chili Thai chicken Seasoned brown rice Stir fry vegetables Mandarin oranges	Chicken nuggets Fresh dinner roll Mashed potatoes Gravy Peaches	Pork tenderloin ^(P) OR BBQ rib ^(P) 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
Main Line	Mon. October 8	Tues. October 9	Wed. October 10	Thurs. October 11	Fri. October 12
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Egg and cheese wrap	Fruit filled pastry	Sausage/egg/cheese english muffin ^(P)
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. October 15	Tues. October 16	Wed. October 17	Thurs. October 18	Fri. October 19
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	Teriyaki 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

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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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. October 22	Tues. October 23	Wed. October 24	Thurs. October 25	Fri. October 26
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Egg & cheese wrap	Fruit filled pastry	
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	Egg & cheese wrap 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 Sweet potato fries Applesauce	NO SCHOOL K-12

Main Line	Mon. October 29	Tues. October 30	Wed. October 31	Thurs. November 1	Fri. November 2
Breakfast entrée:		Bagel bites	Breakfast combo bar ^(P)	Cinnamon roll	Ham, egg & cheese croissant
Classic entrees:	NO SCHOOL K-12	Chicken nuggets Fresh dinner roll Mashed potatoes Gravy Peaches	Pork tenderloin ^(P) OR BBQ rib ^(P) 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

Main Line	Mon. November 5	Tues. November 6	Wed. November 7	Thurs. November 8	Fri. November 9
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

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