



# Linn-Mar Community Schools 2019-20 Elementary Cycle Menu

Breakfast (includes cereal, milk, juice and posted entrée): **Student 1.60**

**Adult: \$2.00**

Lunch: (Includes choice of entrée, milk and sides): **Student \$2.70**

**Adult: \$3.75**

A la carte milk \$0.50

### August

M	T	W	T	F
				23
26	27	28	29	30

### September

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

### October

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>Pancake on a stick*</b>	<b>Waffle sticks</b>	<b>Toast/hard boiled egg</b>
<ul style="list-style-type: none"> <li>• Personal pan pizza (Cheese)</li> <li>• Hamburger</li> </ul> Broccoli & cheese Fresh veggie cup Applesauce  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• French toast sticks with egg omelet</li> <li>• Stuffed cheese sticks</li> </ul> Tater tots Fresh veggie cup Strawberry cup  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken strips with fresh baked roll</li> <li>• Hot Dog</li> </ul> Baked beans Fresh veggie cup Apple slices  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Rotini &amp; meat sauce w/stuffed cheese stick</li> <li>• Chicken Patty</li> </ul> Romaine blend lettuce & tomato salad Fresh veggie cup Fresh fruit cup  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Mandarin orange chicken w/rice</li> <li>• Garlic cheese bread</li> </ul> Stir fry vegetables Fresh veggie cup Mandarin oranges  <ul style="list-style-type: none"> <li>• Sunbutter &amp; jelly sandwich w/string cheese &amp; pretzels</li> </ul>
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: Long john</b>	<b>Bagel/hard-boiled egg</b>	<b>Muffin w/yogurt</b>	<b>French toast sticks</b>	<b>Toast w/string cheese</b>
<ul style="list-style-type: none"> <li>• Popcorn chicken w/b&amp;b sandwich</li> <li>• Hamburger</li> </ul> Baked French fries Fresh veggie cup Pineapple chunks  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Taco w/ tortilla chips</li> <li>• Stuffed cheese sticks</li> </ul> Lettuce & tomato Refried beans Juicy orange wedges  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Meatball Sub SW</li> <li>• Hot Dog</li> </ul> Mixed vegetables Fresh veggie cup Grapes Sugar cookie  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Pancakes and Little smokies*</li> <li>• Chicken Patty</li> </ul> Potato triangle Fresh veggie cup Fresh fruit cup  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Mini corn dogs</li> <li>• Garlic cheese bread</li> </ul> Green Beans Fresh veggie cup Peaches  <ul style="list-style-type: none"> <li>• Sunbutter &amp; jelly sandwich w/string cheese &amp; pretzels</li> </ul>
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: WG Poptart</b>	<b>Mini WG donuts</b>	<b>Frudel pastry</b>	<b>Breakfast burrito</b>	<b>Toast/hard boiled egg</b>
<ul style="list-style-type: none"> <li>• Pizza Crunchers</li> <li>• Hamburger</li> </ul> Sweet potato fries Fresh veggie cup Apple slices  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Hot ham and cheese on a pretzel roll</li> <li>• Stuffed cheese sticks</li> </ul> Baked beans Fresh veggie cup Mandarin oranges  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni and cheese</li> <li>• Hot Dog</li> </ul> Corn Fresh veggie cup Fresh fruit slushie  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt parfait with fruit &amp; granola</li> <li>• Chicken Patty</li> </ul> Romaine blend lettuce & tomato salad Fresh veggie cup Fresh fruit cup Chocolate chip muffin  <ul style="list-style-type: none"> <li>• Lion Cub Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken nuggets w/b&amp;b sandwich</li> <li>• Garlic cheese bread</li> </ul> Mashed potatoes & gravy Fresh veggie cup Fruit cocktail  <ul style="list-style-type: none"> <li>• Sunbutter &amp; jelly sandwich w/string cheese &amp; pretzels</li> </ul>

### 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