


## 2019-2020 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.

**February 10 - March 20**

Everyday Options	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée:</b> Choose from the variety of fresh sides offered	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's	Salad bar PBJ sandwiches Pizza bar Grab and go's	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's
<b>Bar Entrée:</b> 	<b>Potato bar</b> Dinner roll Broccoli Pears	<b>Taco bar</b> Refried beans Mixed fruit	<b>Yogurt bar</b> Homemade muffin Strawberries	<b>Hamburger bar</b> Corn Peaches	<b>Soup &amp; Sandwich bar</b> Lettuce salad
<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. February 10	Tues. February 11	Wed. February 12	Thurs. February 13	Fri. February 14
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar <sup>(P)</sup>		Ham, egg & cheese croissant
<b>Classic entrees:</b>	Mandarin orange chicken Seasoned brown rice Chicken and Vegetable egg roll Stir fry vegetables Mandarin oranges	Chicken strips Homemade dinner roll Baked french fries Mixed fruit	Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Pineapple	NO SCHOOL SNOW DAY	Fish sandwich <b>OR</b> Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Applesauce

Main Line	Mon. February 17	Tues. February 18	Wed. February 19	Thurs. February 20	Fri. February 21
<b>Breakfast entrée:</b>		Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Apple or Cherry strudel	Sausage/egg/cheese english muffin
<b>Classic entrees:</b>	NO SCHOOL K-12	Popcorn chicken Homemade bread Corn Orange wedges	Rotini noodles <b>OR</b> Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Peaches	Grilled chicken sandwich Lettuce & tomato Cheese Baked Beans Applesauce	Beef Taco Choice of hard shells or soft tortillas. Served with lettuce, tomato & cheese Refried Beans Kiwi & grapes Chocolate chip cookie

Main Line	Mon. February 24	Tues. February 25	Wed. February 26	Thurs. February 27	Fri. February 28
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar <sup>(P)</sup>	Biscuits and gravy <sup>(P)</sup>	Ham, egg & cheese croissant
<b>Classic entrees:</b>	Sweet chili Thai chicken Seasoned brown rice Stir fry vegetables Mandarin oranges	Chicken nuggets Dinner roll Mashed potatoes Gravy Pineapples	Buffalo chicken wrap <b>OR</b> Shrimp Po Boy Sandwich Lettuce & tomato French fries Mixed fruit	Crispitos served w/cheese sauce Lettuce & tomato Refried beans Grapes	Personal pan pizzas Variety: pepperoni or cheese Romaine salad mix Apples

Menu subject to change

WG = whole grain; (P) = denotes pork product

Milk choices: Skim, 1%, skim chocolate

USDA is an equal opportunity provider/employer

Breakfast 9-12: \$1.60/Lunch \$2.80

Adults: Breakfast \$2.00/Lunch \$3.75


Reduced Breakfast: \$.30; Lunch: \$.40


OVER

# 2019-2020 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.

**February 10 - March 20**

Everyday Options	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée:</b> Choose from the variety of fresh sides offered	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's	Salad bar PBJ sandwiches Pizza bar Grab and go's	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's	Salad bar PBJ sandwiches Yogurt parfait with granola bar Pizza bar Grab and go's
<b>Bar Entrée:</b> 	<b>Potato bar</b> Dinner roll Broccoli Pears	<b>Taco bar</b> Refried beans Mixed fruit	<b>Yogurt bar</b> Homemade muffin Strawberries Fresh veggies	<b>Hamburger bar</b> Corn Peaches	<b>Soup &amp; Sandwich bar</b> Lettuce salad
<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. March 2	Tues. March 3	Wed. March 4	Thurs. March 5	Fri. March 6
<b>Breakfast entrée:</b>	Sausage <sup>(P)</sup> , eggs & toast	Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Apple or Cherry Strudel	Sausage/egg/cheese english muffin
<b>Classic entrees:</b> 	Lasagna roll up w/meat sauce Breadstick Green beans Pears	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 Peaches	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Fruit cup Snickerdoodle

Main Line	Mon. March 9	Tues. March 10	Wed. March 11	Thurs. March 12	Fri. March 13
<b>Breakfast entrée:</b>	Breakfast pizza <sup>(P)</sup>	Bagel bites	Breakfast combo bar <sup>(P)</sup>	Biscuits and Gravy <sup>(P)</sup>	Ham, egg & cheese croissant
<b>Classic entrees:</b>	Mandarin orange chicken Seasoned brown rice Chicken and Vegetable egg roll Stir fry vegetables Mandarin oranges	Chicken strips Homemade dinner roll Baked french fries Mixed fruit	Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Pineapple	Chicken Parmesan w/rotini noodles Romaine salad mix Breadstick Grapes	Fish sandwich <b>OR</b> Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Applesauce

Main Line	Mon. March 16	Tues. March 17	Wed. March 18	Thurs. March 19	Fri. March 20
<b>Breakfast entrée:</b>					
<b>Classic entrees:</b>	<b>NO SCHOOL K-12</b>	<b>NO SCHOOL K-12</b>	<b>NO SCHOOL K-12</b> 	<b>NO SCHOOL K-12</b>	<b>NO SCHOOL K-12</b>

Menu subject to change

WG = whole grain; (P) = denotes pork product

Milk choices: Skim, 1%, skim chocolate

USDA is an equal opportunity provider/employer

Breakfast 9-12: \$1.60/Lunch \$2.80  
 Adults: Breakfast \$2.00/Lunch \$3.75  
 Reduced Breakfast: \$.30; Lunch: \$.40

OVER