


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.

November 11- December 27

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 Dinner roll Broccoli Pears	Taco bar Refried beans Mixed fruit	Yogurt bar Homemade muffin Strawberries Fresh veggies	Hamburger bar Corn Peaches	Soup & Sandwich bar Lettuce salad Fresh veggies Fresh fruit
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. November 11	Tues. November 12	Wed. November 13	Thurs. November 14	Fri. November 15
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar ^(P)	Biscuits and Gravy	Ham, egg & cheese croissant
Classic entrees:	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	Fish sandwich OR Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Applesauce	Chicken Parmesan w/ rotini noodles Romaine salad mix Breadstick Pears	Pepperoni OR Garlic cheese bread Romaine salad mix Pineapple Sunshine cake
Main Line	Mon. November 18	Tues. November 19	Wed. November 20	Thurs. November 21	Fri. November 22
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Breakfast burrito	Apple or Cherry strudel	Sausage/egg/cheese english muffin
Classic entrees:	Philly cheese steak w/choice of shredded Beef OR shredded chicken Fajita vegetables Tater tots Mixed fruit	Popcorn chicken Homemade bread Corn Orange wedges	Rotini noodles OR 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

Main Line	Mon. November 25	Tues. November 26	Wed. November 27	Thurs. November 28	Fri. November 29
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites			
Classic entrees:	Sweet chili Thai chicken Seasoned brown rice Stir fry vegetables Mandarin oranges	Chicken nuggets Dinner roll Mashed potatoes Gravy Pineapples Snicker doodle	NO SCHOOL K-12	NO SCHOOL K-12 	NO SCHOOL K-12

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

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1/2 cup fruit or vegetable is required to make a meal.
All grains are whole grain rich, including desserts.

November 11- December 27

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 Dinner roll Broccoli Pears	Taco bar Refried beans Mixed fruit	Yogurt bar Homemade muffin Strawberries Fresh veggies	Hamburger bar Corn Peaches	Soup & Sandwich bar Lettuce salad Fresh veggies Fresh fruit
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. December 2	Tues. December 3	Wed. December 4	Thurs. December 5	Fri. December 6
Breakfast entrée:	Sausage ^(P) , eggs & toast	Pancake on a stick ^(P)	Breakfast burrito	Apple or Cherry Strudel	Sausage/egg/cheese english muffin
Classic entrees:	Lasagna roll up w/measauce 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 Sunshine cake

Main Line	Mon. December 9	Tues. December 10	Wed. December 11	Thurs. December 12	Fri. December 13
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar ^(P)	Biscuits and Gravy	Ham, egg & cheese croissant
Classic entrees:	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	Fish sandwich OR Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Applesauce	Chicken Parmesan w/rotini noodles Romaine salad mix Breadstick Grapes	Pepperoni cheese bread OR Garlic cheese bread Romaine salad mix Pineapple

Main Line	Mon. December 16	Tues. December 17	Wed. December 18	Thurs. December 19	Fri. December 20
Breakfast entrée:	French toast sticks	Pancake on a stick ^(P)	Breakfast Burrito	Apple or Cherry Strudel	Sausage/egg/cheese english muffin
Classic entrees: <small>Menu subject to change WG = whole grain; (P) = denotes pork product Milk choices: Skim, 1%, skim chocolate USDA is an equal opportunity provider/employer</small>	Philly cheese steak w/choice of shredded Beef OR shredded chicken Fajita vegetables Tater tots Mixed fruit	Popcorn chicken Homemade bread Corn Orange wedges	Rotini noodles OR Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Pears	Grilled chicken sandwich Lettuce & tomato Cheese Baked Beans Applesauce	Chicken nuggets Dinner roll Mashed potatoes Gravy Pineapples Snicker doodle

No school December 23-January 1

