





## 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.

Everyday Options	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée:</b> 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
<b>Bar Entrée:</b> 	Potato bar <b>OR</b> 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
<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	August 19	August 20	August 21	August 22	August 23
<b>Breakfast entrée:</b>					Ham, egg & cheese croissant
<b>Classic entrees:</b>					Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Fresh melon mix

Main Line	August 26	August 27	August 28	August 29	August 30
<b>Breakfast entrée:</b>	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast Burrito	Apple or Cherry strudel	Sausage/egg/cheese english muffin
<b>Classic entrees:</b>	Philly cheese steak w/choice of shredded Beef <b>OR</b> shredded chicken Fajita vegetables Tater tots Mixed fruit	Popcorn chicken Green beans Fresh baked bread Strawberries	Rotini noodles <b>OR</b> Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Peaches	Buffalo Chicken Wrap <b>OR</b> Hot ham and cheese pretzel sandwich w/ lettuce & tomato Corn Applesauce	Beef Taco Choice of hard shells or soft tortillas. Served with lettuce, tomato & cheese Refried Beans Kiwi & grapes Chocolate chip cookie

Main Line	September 2	September 3	September 4	September 5	September 6
<b>Breakfast entrée:</b>		Bagel bites	Breakfast combo bar <sup>(P)</sup>	Biscuits and gravy <sup>(P)</sup>	Ham, egg & cheese croissant
<b>Classic entrees:</b>	No School Labor Day	Chicken nuggets Dinner roll Mashed potatoes Gravy Pineapples	Grilled chicken S/W <b>OR</b> 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 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


Students: Breakfast \$1.60/Lunch \$2.80  
 Adult: Breakfast \$2.00/Lunch \$3.75  
 Reduced Breakfast: \$.30; Lunch: \$.40

OVER



# 2019-20 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
<b>Entrée:</b> 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
<b>Bar Entrée:</b> 	Potato bar <b>OR</b> 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
<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	September 9	September 10	September 11	September 12	September 13
<b>Breakfast entrée:</b>	Sausage, eggs & toast	Pancake on a stick <sup>(P)</sup>	Breakfast Burrito	Apple or Cherry strudel	Sausage/egg/cheese english muffin
<b>Classic entrees:</b>	Homemade Lasagna 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 Sunshine cake

Main Line	September 16	September 17	September 18	September 19	September 20
<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/Vegetable egg roll Stir fry vegetables Mandarin oranges	Chicken strips Homemade roll Baked french fries Pineapples	Fish sandwich <b>OR</b> Hot and spicy chicken patty sandwich Lettuce and tomato Baked Beans Applesauce	Chicken Parmesan w/ spaghetti noodles Romaine salad mix Cheese stuffed breadstick Pears	Pepperoni cheese bread <b>OR</b> Garlic cheese bread Romaine salad mix Fresh melon mix

Main Line	September 23	September 24	September 25	September 26	September 27
<b>Breakfast entrée:</b>	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast Burrito	Apple or Cherry strudel	Sausage/egg/cheese english muffin
<b>Classic entrees:</b>	Philly cheese steak w/choice of shredded Beef <b>OR</b> shredded chicken Fajita vegetables Tater tots Mixed fruit	Popcorn chicken Green beans Fresh baked bread Strawberries	Rotini noodles <b>OR</b> Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Peaches	Buffalo Chicken Wrap <b>OR</b> Hot ham and cheese pretzel sandwich w/lettuce and tomato Corn Applesauce	Beef Taco Choice of hard shells or soft tortillas. Served with lettuce, tomato & cheese Refried Beans Kiwi & grapes 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

Students: Breakfast \$1.60/Lunch \$2.80  
Adult: Breakfast \$2.00/Lunch \$3.75  
Reduced Breakfast: \$.30; Lunch: \$.40