




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.

December 30- February 7

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	Hamburger bar Corn Peaches	Soup & Sandwich bar Lettuce salad
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	December 30	December 31	January 1	January 2	January 3
Breakfast entrée:				Biscuits and gravy ^(p)	Ham, egg & cheese croissant
Classic entrees:	NO SCHOOL K-12	NO SCHOOL K-12	NO SCHOOL K-12	Crispitos served w/cheese sauce Shredded lettuce & diced tomatoes Refried beans Grapes	Personal pan pizzas Variety: pepperoni or cheese Romaine salad mix Apples
Main Line	January 6	January 7	January 8	January 9	January 10
Breakfast entrée:	Sausage ^(p) , eggs & toast	Pancake on a stick ^(p)	Breakfast burrito	Apple or Cherry strudel	Sausage/egg/cheese english muffin ^(p)
Classic entrees:	Lasagna w/meat sauce Breadstick Green beans Pears	Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce	French toast sticks Egg omelet Potato Triangles Strawberries	Pizza crunchers Sweet potato fries Romaine salad Peaches	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple Sunshine cake

Main Line	January 13	January 14	January 15	January 16	January 17
Breakfast entrée:		Bagel bites	Breakfast combo bar	Biscuits and gravy ^(p)	Ham, egg & cheese croissant
Classic entrees:	NO SCHOOL K-12	Chicken strips Dinner roll 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 Cheese stuffed breadstick Pears	Pepperoni cheese bread OR Garlic cheese bread Carrots and peas Pineapple

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



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Bar Entrée: 	Potato bar Dinner roll Broccoli Pears	Taco bar Refried beans Mixed fruit	Yogurt bar Homemade muffin Strawberries	Hamburger bar Corn Peaches	Soup & Sandwich bar Lettuce salad
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	January 20	January 21	January 22	January 23	January 24
Breakfast entrée:		Pancake on a stick ^(P)	Breakfast burrito	Apple or Cherry strudel	Sausage/egg/cheese english muffin ^(P)
Classic entrees:	NO SCHOOL K-12	Popcorn chicken Dinner roll 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 Snickerdoodle

Main Line	January 27	January 28	January 29	January 30	January 31
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar ^(P)	Biscuits and gravy ^(P)	Ham, egg & cheese croissant
Classic entrees:	Sweet chili Thai chicken Seasoned brown rice Stir fry vegetables Mandarin oranges Fortune Cookie	Chicken nuggets Dinner roll Mashed potatoes Gravy Pineapple	Buffalo chicken wrap 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

Main Line	February 3	February 4	February 5	February 6	February 7
Breakfast entrée:	Sausage ^(P) , eggs & toast	Pancake on a stick ^(P)	Breakfast burrito	Apple or Cherry strudel	Sausage ^(P) /egg/cheese english muffin
Classic entrees:	Lasagna w/meat sauce Breadstick Green beans Pears	Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce	French toast sticks Egg omelet Potato Triangles Strawberries	Pizza crunchers Sweet potato fries Romaine salad Peaches	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple Sunshine cake

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