




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
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 OR 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
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	September 30	October 1	October 2	October 3	October 4
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	Chicken nuggets Dinner roll Mashed potatoes Gravy Pineapples	Grilled chicken sandwich OR BBQ rib ^(P) 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
Main Line	October 7	October 8	October 9	October 10	October 11
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	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 Pear slices	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple Sugar cookie

Main Line	October 14	October 15	October 16	October 17	October 18
Breakfast entrée:	Breakfast pizza ^(P)	Bagel bites	Breakfast combo bar	Biscuits and gravy ^(P)	Ham, egg & cheese croissant
Classic entrees: <u>National School Lunch Week</u>	Mandarin orange chicken Seasoned brown rice Chicken/Vegetable egg roll Stir fry vegetables Mandarin oranges	Chicken strips Homemade dinner roll Baked french fries Pineapples	Fish sandwich OR 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 OR Garlic cheese bread Romaine salad mix Fresh Melon

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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 1/2 cup fruit or vegetable is required to make a meal.
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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 OR 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
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	October 21	October 22	October 23	October 24	October 25
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:	Philly cheese steak w/choice of beef or chicken Fajita vegetables Tater tots Mixed fruit	Popcorn chicken Green beans Fresh baked bread Strawberries	Rotini noodles OR Mini cheese ravioli w/meat sauce Breadstick Romaine salad mix Peaches	Buffalo Chicken Wrap OR 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

Main Line	October 28	October 29	October 30	October 31	November 1
Breakfast entrée:		Bagel bites	Breakfast combo bar ^(P)	Biscuits and gravy ^(P)	Ham, egg & cheese croissant
Classic entrees:	NO SCHOOL K-12	Chicken nuggets Dinner roll Mashed potatoes Gravy Pineapple	Grilled chicken sandwich OR Tenderloin ^(P) sandwich Lettuce and tomato Baked beans Orange slices	Crispos served w/cheese sauce Shredded lettuce & diced tomatoes Refried beans Grapes	Personal pan pizzas Variety: pepperoni or cheese Romaine salad mix Apples

Main Line	November 4	November 5	November 6	November 7	November 8
Breakfast entrée:		Pancake on a stick ^(P)	Breakfast burrito	Apple or Cherry strudel	Sausage ^(P) /egg/cheese english muffin
Classic entrees:	NO SCHOOL K-12	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 Pear slices	Walking taco w/tortilla chips Lettuce, tomato & cheese Refried Beans Apple Sugar cookie

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