



## 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
Daily Bar Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée:	Potato bar with assorted toppings (including chili & cheese)	If it's Tuesday, it must be chicken! Chicken on all lines	Yogurt bar with assorted toppings including fruit	Hot dog bar with assorted toppings Baked beans	Soup and sandwich bar
Daily sides:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety

Main Line	Mon. Feb 13	Tues. Feb. 14	Wed. Feb. 15	Thurs. Feb. 16	Fri. Feb. 17
Breakfast entrée:	Breakfast pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:	Mandarin orange chicken	Chicken strips Fresh baked roll	Fish sandwich Hot n' spicy chicken sandwich	Pulled pork <sup>(P)</sup> BBQ pork sandwich <sup>(P)</sup>	Chicken fajita with peppers & onions
Additional sides offered daily (see above)	Seasoned brown rice Chicken/vegetable eggroll Stir fry vegetables	Baked French fries	Baked beans	Tator tots Peanut butter chocolate chip cookie	Spanish rice Fajita toppings including lettuce, tomato & cheese

Main Line	Mon. Feb. 20	Tues. Feb. 21	Wed. Feb. 22	Thurs. Feb. 23	Fri. Feb. 24
Breakfast entrée:		Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:	No School	Popcorn chicken Fresh baked bread Romaine salad mix	Rotini or mini cheese ravioli with marinara meat sauce Breadsticks Romaine salad mix	Hot ham & cheese with pretzel roll Buffalo chicken wrap Tater tots Chocolate brownie	Philly cheese steak or chicken sandwich Fajita veggies Steamed green beans
Additional sides offered daily (see above)					

Main Line	Mon. Feb. 27	Tues. Feb. 28	Wed. Mar. 1	Thurs. Mar. 2	Fri. Mar. 3
Breakfast entrée:	Breakfast Pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:	Sweet chili Thai Chicken served with seasoned brown rice Stir fry	Chicken nuggets Mashed potatoes & gravy Fresh baked bread	Pork tenderloin sandwich <sup>(P)</sup> BBQ rib sandwich <sup>(P)</sup> Baked beans Sugar cookie	Crispito served with shredded lettuce, diced tomato and cheese Refried beans	Personal pan pizzas (Cheese, pepperoni or Mediterranean) Romaine salad mix
Additional sides offered daily (see above)					

Menu subject to change

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

Milk choices: Skim, 1%, skim chocolate

Breakfast served daily. Choices include daily entrée or two grains, one fruit or juice and milk.

USDA is an equal opportunity provider/employer

Lunch Grades K-5: \$2.50; Grades 6-8: \$2.55

Grades 9-12: \$2.60; Breakfast K-12: \$1.50

Adult: Breakfast \$1.70/Lunch \$3.45

Reduced Breakfast: \$.30; Lunch: \$.4

OVER



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All grains are whole grain rich, including desserts. 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
Daily Bar Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée:	Potato bar with assorted toppings (including chili & cheese)	Tuesday = Chicken Chicken on all lines	Yogurt bar with assorted toppings including fruit	Hot dog bar with assorted toppings Baked beans	Soup and sandwich bar
Daily sides:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety	Side salad with assorted fresh vegetables Fresh fruit variety Canned fruit variety

Main Line	Mon. Mar. 6	Tues. Mar. 7	Wed. Mar. 8	Thurs. Mar. 9	Fri. Mar. 10
Breakfast entrée:	French toast sticks	Pancake on a stick <sup>(P)</sup>	Breakfast burrito	Frudel pastry	Long john
Classic entrees:	Baked lasagna Macaroni & cheese Breadsticks Romaine salad mix	Chicken patty sandwich Broccoli & cheese sauce	Pancakes Turkey sausage inks Potato triangles	Chicken parmesan with spaghetti Fresh baked bread Chocolate cake	Walking taco Shredded lettuce, tomatoes & cheese Refried beans
Additional sides offered daily (see above)					

Main Line	Mon. Mar. 13	Tues. Mar. 14	Wed. Mar. 15	Thurs. Mar. 16	Fri. Mar. 17
Breakfast entrée:					
Classic entrees:	No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break
Additional sides offered daily (see above)					

Main Line	Mon. Mar. 20	Tues. Mar. 21	Wed. Mar. 22	Thurs. Mar. 23	Fri. Mar. 24
Breakfast entrée:	Breakfast pizza <sup>(P)</sup>	Waffle sticks	Breakfast combo bar	Cinnamon roll	Breakfast sandwich
Classic entrees:	Mandarin orange chicken Seasoned brown rice Chicken/vegetable eggroll Stir fry vegetables	Chicken strips Fresh baked roll Baked French fries	Fish sandwich Hot n' spicy chicken sandwich Baked beans	Pulled pork <sup>(P)</sup> BBQ pork sandwich <sup>(P)</sup> Tator tots Peanut butter chocolate chip cookie	Chicken fajita with peppers & onions Spanish rice Fajita toppings including lettuce, tomato & cheese
Additional sides offered daily (see above)					

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