

February 2010

LAMAR COUNTY SCHOOLS MENU (Kindergarten – 12th grades)

Breakfast: Students must select 3 of the four items offered for a reimbursable meal.

Lunch: Students must select 3, 4, or 5 of the 5 offered components for a reimbursable meal.

BREAKFAST MENU

VISIT US ON THE WEB: www.lcsdca.com

*Indicates Healthier US Challenge Menu Item	Breakfast Pizza/Bagel Or Lg. Cereal Fr. Juice/Milk	Country Biscuit w/ Sausage Or Gravy Or Lg. Cereal Fr. Juice/Milk	Eggs/Grits/Sausage Patty/Toast Or Lg. Cereal Fr. Juice/Milk	Pancakes or Pancake Pup Or Lg. Cereal Fr. Juice/Milk	Cheese Grits & Toast Or Lg. Cereal Fr. Juice/Milk
†WHOLE †FR/VEG †DARK †OR/GREEN/VEG †Legumes	Breakfast Meal Prices Full Paid \$1.50 Reduced \$.40 Adult \$2.75		Lunch Meal Prices Full Paid \$ 2.25 Reduced \$.40 Adult \$ 3.00		Option: ALL Meals can have the whole wheat bread of the day Fruit and Vegetable Choices are subject to change due to seasonal prices and USDA shipments Choice of 4 or 100% Assorted Juice Daily Choice of 1% White, Chocolate or skim milk offered daily. ALL Salads are served with 1 oz. whole grain croutons

LUNCH MENU

Monday- Feb 1	Tuesday- Feb 2	Wednesday- Feb 3	Thursday- Feb 4	Friday- Feb 5
Pizza or Red Beans and Rice	Corndog Nuggets Or Beef-a-roni	Strumboli Or Chicken and Dumplings	****Choice of One Cheesy Chicken/Rice w/ †Whole Wheat Roll †American Deli w/ Sun Chips †Chef Salad †Mandarin Chicken Salad Choice of Two †Mixed Vegetable †Z Broccoli Salad †Banana †Garnished Sliced Peaches Dessert: Fruit Crisp/Cobbler	****Choice of One Veg/Beef Soup w/ PB & J Chick. Noodle w/ †Gr. Ch †Flatbread Sandwich †Chef Salad †Chick/Tuna on Wheat Bun w/ Sun Chips Choice of Two †Ranch Baked Potatoes †Corn †Fresh Oranges †Garnished Pear Halves Dessert: Cake w/Icing
Feb 8	Feb 9	Feb 10	Feb 11	Feb 12
****Choice of One Cheese Burger on † Wheat Bun Chicken Teriyaki †Br. Rice Bowl †Chef Salad †Grilled Chicken Caesar Choice of Two †Green Beans †Fries †Trimmings †Garnished Apple/Orange Wedges †Mixed Fruit Dessert: †Whole Grain Cinnamon Stick	****Choice of One Chicken Tenders or Shepherd's Pie w/ †Whole Wheat Roll †Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two †Steamed Cabbage †Z Tossed Salad †Mashed Potatoes †Plums †Garnished Pear Halves Dessert: CC Cookie	****Choice of One †Nacho Grande or Grilled Chicken/† Wheat Bun †Spanish Br. Rice †Whole Wheat Roll †Chef Salad Fruit/Yogurt Salad Choice of Two †Corn †Refried Beans †Trimmings †Garnished Applesauce †Grapes Dessert: Peanut Butter Dessert	****Choice of One BBQ Chicken/†Whole Wheat Roll †American Deli w/ Sun Chips †Chef Salad †Mandarin Chicken Salad Choice of Two †Baked Beans †Z Spinach Salad †Trimmings †Banana †Garnished Sliced Peaches Dessert: Jell-O /Toppings	****Choice of One Meat sauce & †Pasta w/ †Whole Wheat Roll Baked Fish on †Bun †Chef Salad †Chick/ Tuna on Wheat Bun/ Baked Chips Choice of Two †Sweet Peas †Z Veggies & Dip †Trimmings †Fresh Fruit Cup †Pineapple Tidbits w garnish Dessert: Oatmeal Cookie
Feb 15	Feb 16	Feb 17	Feb 18	Feb 19
****Choice of One Hot Dogs w/ Chili or Sloppy Joe on †Bun Chicken Gumbo †Rice/Crackers †Whole Wheat Roll †Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two †Z Tossed Salad †Baked Beans †Apple Wedges w/ Dip †Garnished Sliced Peaches Dessert: Oatmeal Cookie	****Choice of One Cheesy Chicken/Rice w/ †Whole Wheat Roll BBQ on †Wheat Bun †Chef Salad Fruit/Yogurt Salad Choice of Two †Lima Beans †Veggies & Dip †Fresh Plums †Garnished Pineapple Tidbits Dessert: Fruit Crisp/Cobbler	****Choice of One Corndog Nuggets Mac & Cheese †Whole Wheat Roll †American Deli w/ Sun Chips †Chef Salad †Mandarin Chicken Salad Choice of Two †Green Beans †Black eye Peas †Trimmings †Banana †Garnished Pear Halves Dessert: Cake w/ Icing	****Choice of One Chili/Cheese Fritos w/chips †Whole Wheat Roll Ham & Cheese W/W †Bagel †Chef Salad Chick/ Tuna on Bun w/ Sun Chips Choice of Two †Corn †Z Spinach Salad †Grapes †Applesauce w/glaze Dessert: Banana Pudding	
Feb 22	Feb 23	Feb 24	Feb 25	Feb 26
****Choice of One Spicy Chicken on † Wheat Bun Mexican Taco/†Br. Rice Bowl †Chef Salad †Grilled Chicken Caesar Choice of Two †Corn †Refried Beans †Trimmings †Oranges w/ garnish †Mixed Fruit Dessert: Southern Mud	****Choice of One Chicken Nuggets w/†Whole Wheat Roll Sloppy Joe on † Wheat Bun †Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two †Mashed or New Potatoes †Z Spinach W/Cheese †Plums †Garnished Sliced Peaches Dessert: Oatmeal Cookie	****Choice of One Student Choice Adult Choice †Whole Wheat Roll w/†Seasoned Rice †Chef Salad Fruit/Yogurt Salad Choice of Two †Green Peas †Carrot & Raisin Salad †Garnished Pineapple Tidbits †Fresh Melons Dessert: Rice Crispy Treat	****Choice of One Loaded Potato w/†Ch. Toast on Whole Grain Sliced Bread †American Deli w/Sun Chips †Chef Salad †Mandarin Chicken Salad Choice of Two †Z Broccoli & Cheese †Z Tossed Salad †Trimmings †Banana †Applesauce w/glaze Dessert: Peanut butter Fluff	****Choice of One Chicken †Spaghetti w/ †Whole Wheat Roll Hamburger/ †Bun †Chef Salad Chick/ Tuna on Bun w/ Sun Chips Choice of Two †Z Steamed Veggies †Fries †Trimmings †Apple Wedges w/dip †Garnished Pears Dessert: Brownie