

February 2012

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.lcsdcn.com

<p><small>*Indicates Healthier US Challenge Menu Item</small></p> <p><small>♣WHOLE WHEAT</small></p> <p><small>★R/VEG</small></p> <p><small>□DARK</small></p> <p><small>OR/GREEN/VEG</small></p> <p><small>♣Legumes</small></p>	<p>French Toast Sticks (3) w/ Sausage Patty OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice</p>	<p>Breakfast Pizza Fruit/Yogurt Parfait OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice</p>	<p>Eggs/Grits/Sausage Patty w/ Toast OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice</p>	<p>Pancake Pup Fruit/Yogurt Parfait OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice</p>	<p>Breakfast Harvest Cookie OR Large Cereal Fresh Fruit Fruit Juice Milk Choice</p>		
<p><i>Breakfast Meal Prices</i></p> <p>Full Paid \$1.75</p> <p>Reduced \$.30</p> <p>Adult \$2.00</p>		<p><i>Lunch Meal Prices</i></p> <p>Full Paid \$ 2.50</p> <p>Reduced \$.40</p> <p>Adult \$ 3.25</p>		<p><i>Option: ALL meals can have the whole wheat bread of the day</i></p>		<p><i>Fruit and Vegetable Choices are subject to change due to seasonal prices and USDA shipments</i></p> <p><i>Choice of 1% White, Chocolate or skim milk offered daily.</i></p> <p><i>ALL Salads are served with 1 oz. whole grain croutons</i></p>	

LUNCH MENU

Monday	Tuesday	Wednesday – Feb 1	Thursday – Feb 2	Friday – Feb 3
		<p>****Choice of One</p> <p>♣Jambalaya Corndog Nuggets ♣Chef Salad Cheese/Veggie Wrap w/chips</p> <hr/> <p>♣Baked Beans ★Veggies & Dip Mac & Cheese ★Apple Wedges/Dip ★Fruit Cocktail</p> <hr/> <p>♣Whole Wheat Roll Dessert: Choc. Chip Cookie</p>	<p>****Choice of One</p> <p>Stromboli Chicken & Dumplings ♣Chef Salad ♣PB&J/Fruit & Yogurt Salad</p> <hr/> <p>★Yam Patties ★Tossed Salad ★Pineapple ★Grapes</p> <hr/> <p>♣Whole Wheat Roll Dessert: Jell-O</p>	<p>****Choice of One</p> <p>Vegetable Soup & ♣Sandwich ♣Chicken Fajitas Pocket/ Chips ♣Chef Salad ♣Chicken/Tuna Deli /w Chips</p> <hr/> <p>★Ranch Baked Potato ★Sweet Pea/Cheese Salad ★Fresh Oranges ★Pear Halves</p> <hr/> <p>Dessert: Cake w/Icing</p>
Feb 6	Feb 7	Feb 8	Feb 9	Feb 10
<p>****Choice of One</p> <p>Tamale Pie/Tostitos Chicken Tenders ♣Chef Salad ♣Grilled Chicken Caesar Salad</p> <hr/> <p>★Corn ★Tossed Salad ♣Rice & Gravy ★Plums ★Pear Halves</p> <hr/> <p>♣Whole Wheat Roll Dessert: Juice Bar</p>	<p>****Choice of One</p> <p>Beef Stew & ♣Rice Cheese Sticks (3) w/ Marinara ♣Chef Salad ♣Mandarin Chicken Salad</p> <hr/> <p>★Broccoli & Cheese ★Steamed Cabbage ★Apple/Orange Wedges ★Fruit Cocktail</p> <hr/> <p>♣Whole Wheat Roll Dessert: Pudding w/Topping</p>	<p>****Choice of One</p> <p>Chili w/ Cheese Bowl Grilled Chicken on ♣Bun ♣Chef Salad ♣Cheese/Veggie Wrap w/ chips</p> <hr/> <p>★Fries ★3 Bean Salad ★Trimmings ★Applesauce ★Grapes</p> <hr/> <p>♣Whole Wheat Roll Dessert: Brownie</p>	<p>****Choice of One</p> <p>BBQ Chicken Cheese Burger on ♣Bun ♣Chef Salad Fruit & Yogurt Salad</p> <hr/> <p>★Small Red Beans/Rice ★Spinach Salad ★Trimmings ★Banana ★Peaches</p> <hr/> <p>♣Whole Wheat Roll Peanut Butter Dessert</p>	<p>****Choice of One</p> <p>Spaghetti & Meat Sauce Fish Nuggets/Shrimp Poppers Basket ♣Chef Salad Chick/ Tuna Deli w/ Chips</p> <hr/> <p>★Green Beans ★Cheesy Potatoes ★Coleslaw ★Fresh Fruit Cup ★Pineapple</p> <hr/> <p>♣Whole Wheat Breadstick Dessert: Oatmeal Cookie</p>
Feb 13	Feb 14	Feb 15	Feb 16	Feb 17
<p>****Choice of One</p> <p>Country Fried Steak on Bun Oriental Chicken/Fried Rice ♣Chef Salad ♣Grilled Chicken Caesar Salad</p> <hr/> <p>★Steamed Veggies ★Sweet Potato Cubes ★Orange Wedges ★Mixed Fruit</p> <hr/> <p>♣Whole Wheat Roll Dessert: Pudding Plus</p>	<p>****Choice of One</p> <p>Chicken Gumbo/ ♣Rice Philly Cheese Steak on Hoagie w/ Chips ♣Chef Salad ♣Mandarin Chicken Salad</p> <hr/> <p>★Copper Pennies (Carrots) ★Potato Salad ★Apple Wedges w/ Dip ★Sliced Peaches</p> <hr/> <p>♣Whole Wheat Roll Dessert: Fruit Crisp Cobbler</p>	<p>****Choice of One</p> <p>Chicken Parmesan/Noodles BBQ on ♣Bun w/ Chips ♣Chef Salad ♣Cheese/Veggie Wrap w/ chips</p> <hr/> <p>★Mixed Vegetables ★Carrot & Raisin Salad ★Plums ★Pineapple</p> <hr/> <p>♣Whole Wheat Roll Dessert: Oatmeal Cookie</p>	<p>****Choice of One</p> <p>Brunch for Lunch ♣American Deli w/ Chips ♣Chef Salad ♣PB&J/Fruit & Yogurt Salad</p> <hr/> <p>★Hash Browns ★Refried Beans ★Trimmings ★Banana/Fresh Fruit Cup ★Pear Halves</p> <hr/> <p>♣Whole Wheat Biscuit</p>	<p>****Choice of One</p> <p>Taco Soup cheese & chips Chicken Tenders ♣Chef Salad Chick/Tuna Deli w/ Chips</p> <hr/> <p>★Creamed Potatoes ★Green Peas ★Grapes ★Applesauce</p> <hr/> <p>♣Whole Wheat Roll Dessert: Banana Pudding</p>
Feb 20	Feb 21	Feb 22	Feb 23	Feb 24
	<p>****Choice of One</p> <p>Chicken Nuggets BBQ Rib on Hoagie w/ chips ♣Chef Salad ♣Mandarin Chicken Salad</p> <hr/> <p>★Baked Beans ★Tossed Salad ★Plums ★Sliced Peaches</p> <hr/> <p>♣Whole Wheat Roll Dessert: Oatmeal Cookie</p>	<p>****Choice of One</p> <p>Student Choice Adult Choice ♣Chef Salad Cheese/Veggie Wrap w/chips</p> <hr/> <p>★Greek Salad ★Corn Pasta Salad ★Fresh Melons ★Pineapple</p> <hr/> <p>♣Whole Wheat Roll Dessert: Rice Crispy Treat</p>	<p>****Choice of One</p> <p>Pizza Saucy Chicken Wings w/Dip ♣Chef Salad Fruit & Yogurt Salad</p> <hr/> <p>★Broccoli & Cheese ★Carrot/Celery/ Cucumber w/ Dip ★Banana ★Fresh Fruit Cup</p> <hr/> <p>♣Whole Wheat Roll Dessert: Peanut Butter Fluff</p>	<p>****Choice of One</p> <p>Chicken Spaghetti Cheeseburger ♣Chef Salad Chick/ Tuna on Deli w/Chips</p> <hr/> <p>★Lima Beans ★Sweet Potato Fries ★Trimmings ★Apples w/dip ★Pear Halves</p> <hr/> <p>♣Whole Wheat Garlic Bread Brownie</p>
Feb 27	Feb 28	Feb 29		
<p>****Choice of One</p> <p>Country Fried Steak Spicy Chicken on ♣ Bun ♣Chef Salad ♣Grilled Chicken Caesar Salad</p> <hr/> <p>★Cheesy California Vegetables ★Sweet Potato Cubes Rice & gravy ★Oranges ★Applesauce</p> <hr/> <p>♣Whole Wheat Roll Dessert: Pudding Plus</p>	<p>****Choice of One</p> <p>Cheesy Chicken Hamburger ♣Chef Salad ♣Mandarin Chicken Salad</p> <hr/> <p>★Sweet Potato Cubes Broccoli Salad Banana Sliced Peaches</p> <hr/> <p>♣Whole Wheat Roll Dessert: Peanut Butter Dessert</p>	<p>****Choice of One</p> <p>♣Jambalaya Corndog Nuggets ♣Chef Salad Cheese/Veggie Wrap w/chips</p> <hr/> <p>♣Baked Beans ★Veggies & Dip Mac & Cheese ★Apple Wedges/Dip ★Fruit Cocktail</p> <hr/> <p>♣Whole Wheat Roll Dessert: Choc. Chip Cookie</p>		