

May 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.lcsdcn.com

*Indicates Healthier US Challenge Menu Item ♣WHOLE WHEAT ★FR/VEG ☑DARK OR/GREEN/VEG ♣Legumes	Breakfast Pizza/Bagel Or Lg. Cereal Fr. Juice/Milk	Country Biscuit w/ Sausage 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
Breakfast Meal Prices Full Paid \$1.50 Reduced \$.40 Adult \$1.75		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 oz. 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- May 3	Tuesday-May 4	Wednesday-May 5	Thursday-May 6	Friday-May 7
****Choice of One Stuffed Crust Pizza ♣Red Beans & ♣Br. Rice w/ ♣Whole Wheat cornbread ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★☑Seasoned Greens ★Cucumber & Dip ★Garnished Orange Wedges ★Applesauce w/ strawberry Dessert: Pudding Plus	****Choice of One Corndog Nuggets w MAC & CHEESE Beef-a-roni w/ ♣Whole Wheat Roll ♣Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two ★Green Beans ★☑Tossed Salad ★Apple Wedges/Yogurt Dip ★Mixed Fruit Dessert: CC Cookies	****Choice of One Stromboli Chicken & Dumplings w/ ♣Whole Wheat Roll ♣Chef Salad Fruit/Yogurt Salad Choice of Two ★☑Yam Patty ★☑Veggies & Dip ★Garnished Pineapple Tidbits ★Grapes Dessert: Jell-O w/ Topping	****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 ★☑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 Sun Chips Choice of Two ★Ranch Baked Potatoes ★Corn ★Fresh Oranges ★Garnished Pear Halves Dessert: Cake w/Icing
May 10	May 11	May 12	May 13	May 14
****Choice of One Cheese Burger on ♣Wheat Bun Chicken Teriyaki ♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Green Beans ★Fries ★Trimming ★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 ★☑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 ★Trimming ★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 ★☑Spinach Salad ★Trimming ★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 ★☑Veggies & Dip ★Trimming ★Fresh Fruit Cup ★Pineapple Tidbits w garnish Dessert: Oatmeal Cookie
May 17	May 18	May 19	May 20	May 21
****Choice of One Pizza on Whole Wheat Beef Taco/Cheese ♣W/W TORTILLA ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★♣Refried Beans ★Corn ★Trimming ★Garnished Orange Wedges ★Mixed Fruit Dessert: Peanut Butter Bar	****Choice of One Sloppy Joe on ♣Bun Chicken Gumbo ♣Rice/Crackers ♣Whole Wheat Roll ♣Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two ★☑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 Sub w/ Sun Chips Chef Salad Mandarin Chicken Salad Choice of Two *Green Beans ★Black eye Peas ★Trimming ★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 ★☑Spinach Salad ★Grapes ★Applesauce w/glaze Dessert: Banana Pudding
May 24	May 25			
****Choice of One Spicy Chicken on ♣Wheat Bun Mexican Taco/ ♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Corn ★♣Refried Beans ★Trimming ★Oranges w/ garnish ★Mixed Fruit Dessert: Southern Mud	<h2 style="font-size: 2em;">60 % Day</h2>			

