

# December 2011

LAMAR COUNTY SCHOOLS MENU (Kindergarten – 12<sup>th</sup> 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](http://www.lcsdcn.com)

<p>*Indicates Healthier US Challenge Menu Item</p> <p>♣WHOLE WHEAT</p> <p>★R/VEG</p> <p>□DARK OR/GREEN/VEG</p> <p>♠Legumes</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><b>Breakfast Meal Prices</b></p> <p>Full Paid \$1.75</p> <p>Reduced \$ .30</p> <p>Adult \$2.00</p>		<p><b>Lunch Meal Prices</b></p> <p>Full Paid \$ 2.50</p> <p>Reduced \$ .40</p> <p>Adult \$3.25</p>		<p>Option: ALL meals can have the whole wheat bread of the day</p>

Fruit and Vegetable Choices are subject to change due to seasonal prices and USDA shipments  
 Choice of 1% White, Chocolate or skim milk offered daily.  
 ALL Salads are served with 1 oz. whole grain croutons

## LUNCH MENU

Monday	Tuesday	Wednesday	Thursday- Dec 1	Friday- Dec 2
			<p>****Choice of One</p> <p>Stromboli Chicken &amp; Dumplings ♣Chef Salad ♣PB&amp;J/Fruit &amp; 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 &amp; ♣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>
<p>Dec. 5</p> <p>****Choice of One</p> <p>Tamale Pie/Tostitos Chicken Tenders ♣Chef Salad ♣Grilled Chicken Caesar Salad</p> <hr/> <p>★Corn ★Tossed Salad ♣Rice &amp; Gravy ★Plums ★Pear Halves</p> <hr/> <p>♣Whole Wheat Roll Dessert: Juice Bar</p>	<p>Dec. 6</p> <p>****Choice of One</p> <p>Beef Stew &amp; ♣Rice Cheese Sticks (3) w/ Marinara ♣Chef Salad ♣Mandarin Chicken Salad</p> <hr/> <p>★Broccoli &amp; Cheese ★steamed Cabbage ★Apple/Orange Wedges ★Fruit Cocktail</p> <hr/> <p>♣Whole Wheat Roll Dessert: Pudding w/Topping</p>	<p>Dec. 7</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>Dec. 8</p> <p>****Choice of One</p> <p>BBQ Chicken Cheese Burger on ♣Bun ♣Chef Salad Fruit &amp; 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>Dec. 9</p> <p>****Choice of One</p> <p>Spaghetti &amp; 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>
<p>Dec. 12</p> <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>Dec. 13</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>Dec. 14</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 &amp; Raisin Salad ★Plums ★Pineapple</p> <hr/> <p>♣Whole Wheat Roll Dessert: Oatmeal Cookie</p>	<p>Dec. 15</p> <p><b>Christmas Dinner</b></p> <p>Turkey and Dressing ♣Whole Wheat Roll Turkey Sub</p> <hr/> <p>★Green Beans ★Tossed Salad ★Sweet Potato Soufflé ★Fruit Salad Dessert</p>	<p>Dec. 16</p> <p>****Choice of One</p> <p>Taco Soup cheese &amp; 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>
<p>Dec. 19</p> <p>****Choice of One</p> <p>♣Red Beans &amp; Rice Bean/ Cheese Quesadilla ♣Chef Salad ♣Grilled Chicken Caesar Salad</p> <hr/> <p>★Seasoned Greens ★Cucumbers &amp; Dip Black Bean/Corn Salsa ★Oranges Wedges ★Pears</p> <hr/> <p>♣Whole Grain Cornbread Dessert: Juice Bar</p>	<p>Dec. 20</p> <p><b>60% day</b></p>	<p>Dec. 21</p> <p><b>Christmas Break</b></p> <p></p>	<p>Dec. 22</p> <p><b>Christmas Break</b></p> <p></p>	<p>Dec. 23</p> <p><b>Christmas Break</b></p> <p></p>
<p>Dec. 26</p>	<p>Dec. 27</p>	<p>Dec. 28</p>	<p>Dec. 29</p>	<p>Dec. 30</p>

