

January 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

*Indicates Healthier US Challenge Menu Item ♣WHOLE WHEAT ★R/VEG □DARK OR/GREEN/VEG ♣Legumes	French Toast Sticks (3) w/ Sausage Patty OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice	Breakfast Pizza Fruit/Yogurt Parfait OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice	Eggs/Grits/Sausage Patty w/ Toast OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice	Pancake Pup Fruit/Yogurt Parfait OR Large Cereal Fresh Fruit / Fruit Juice Milk Choice	Breakfast Harvest Cookie OR Large Cereal Fresh Fruit Fruit Juice Milk Choice
	Breakfast Meal Prices Full Paid \$1.75 Reduced \$.30 Adult \$2.00		Lunch Meal Prices Full Paid \$ 2.50 Reduced \$.40 Adult \$ 3.25		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 1% White, Chocolate or skim milk offered daily. ALL Salads are served with 1 oz. whole grain croutons

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday - Jan 5	Friday- Jan 6
			****Choice of One Stromboli Chicken & Dumplings ♣Chef Salad ♣PB&J/Fruit & Yogurt Salad ----- ★Yam Patties ★Tossed Salad ★Pineapple ★Grapes ----- ♣Whole Wheat Roll Dessert: Jell-O	****Choice of One Chicken Noodle & ♣Sandwich ♣Chicken Fajitas Pocket/Chips ♣Chef Salad ♣Chicken/Tuna Sandwich w/ Chips ----- ★Ranch Baked Potato ★Sweet Pea/Cheese Salad ★Fresh Oranges ★Pear Halves ----- Dessert: Cake w/Icing
Jan 9	Jan 10	Jan 11	Jan 12	Jan 13
****Choice of One Tamale Pie/Tostitos Chicken Tenders ♣Chef Salad ♣Grilled Chicken Caesar Salad ----- ★Corn ★Tossed Salad ♣Rice & Gravy ★Plums ★Pear Halves ----- ♣Whole Wheat Roll Dessert: Juice Bar	****Choice of One Beef Stew & ♣Rice Cheese Sticks (3) w/ Marinara ♣Chef Salad ♣Mandarin Chicken Salad ----- ★Broccoli & Cheese ★steamed Cabbage ★Apple/Orange Wedges ★Fruit Cocktail ----- ♣Whole Wheat Roll Dessert: Pudding w/Topping	****Choice of One Chili w/ Cheese Bowl Grilled Chicken on ♣Bun ♣Chef Salad ♣Cheese/Veggie Wrap w/ chips ----- ★Fries ★3 Bean Salad ★Trimmings ★Applesauce ★Grapes ----- ♣Whole Wheat Roll Dessert: Brownie	****Choice of One BBQ Chicken Cheese Burger on ♣Bun ♣Chef Salad Fruit & Yogurt Salad ----- ★Small Red Beans/Rice ★Spinach Salad ★Trimmings ★Banana ★Peaches ----- ♣Whole Wheat Roll Peanut Butter Dessert	****Choice of One Spaghetti & Meat Sauce Fish Nuggets/Shrimp Poppers Basket ♣Chef Salad Chick/ Tuna Sandwich w/ Chips ----- ★Green Beans ★Cheesy Potatoes ★Coleslaw ★fresh Fruit Cup ★Pineapple ----- ♣Whole Wheat Breadstick Dessert: Oatmeal Cookie
Jan 16	Jan 17	Jan 18	Jan 19	Jan 20
	****Choice of One Chicken Gumbo/ ♣Rice Philly Cheese Steak on Hoagie w/ Chips ♣Chef Salad ♣Mandarin Chicken Salad ----- ★Copper Pennies (Carrots) ★Potato Salad ★Apple Wedges w/ Dip ★Sliced Peaches ----- ♣Whole Wheat Roll Dessert: Fruit Crisp Cobbler	****Choice of One Chicken Parmesan/Noodles BBQ on ♣Bun w/ Chips ♣Chef Salad ♣Cheese/Veggie Wrap w/ chips ----- ★Mixed Vegetables ★Carrot & Raisin Salad ★Plums ★Pineapple ----- ♣Whole Wheat Roll Dessert: Oatmeal Cookie	****Choice of One Brunch for Lunch ♣American Deli w/ Chips ♣Chef Salad ♣PB&J/Fruit & Yogurt Salad ----- ★Hash Browns ★Refried Beans ★Trimmings ★Banana/Fresh Fruit Cup ★Pear Halves ----- ♣Whole Wheat Biscuit	****Choice of One Taco Soup cheese & chips Chicken Tenders ♣Chef Salad Chick/Tuna Deli w/ Chips ----- ★Creamed Potatoes ★Green Peas ★Grapes ★Applesauce ----- ♣Whole Wheat Roll Dessert: Banana Pudding
Jan 23	Jan 24	Jan 25	Jan 26	Jan 27
****Choice of One ♣Red Beans & Rice Beef/Cheese Quesadilla ♣Chef Salad ♣Grilled Chicken Caesar Salad ----- ★Seasoned Greens ★Cucumbers & Dip Black Bean/Corn Salsa ★Oranges Wedges ★Pears ----- ♣Whole Grain Cornbread Dessert: Juice Bar	****Choice of One Chicken Nuggets BBQ Rib on Hoagie w/ chips ♣Chef Salad ♣Mandarin Chicken Salad ----- ★Baked Beans ★Tossed Salad ★Plums ★Sliced Peaches ----- ♣Whole Wheat Roll Dessert: Oatmeal Cookie	****Choice of One Student Choice Adult Choice ♣Chef Salad Cheese/Veggie Wrap w/chips ----- ★Greek Salad ★Corn Pasta Salad ★fresh Melon ★Pineapple ----- ♣Whole Wheat Roll Dessert: Rice Crispy Treat	****Choice of One Pizza Saucy Chicken Wings w/Dip ♣Chef Salad Fruit & Yogurt Salad ----- ★Broccoli & Cheese ★Carrot/Celery/ Cucumber w/ Dip ★Banana ★fresh Fruit Cup ----- ♣Whole Wheat Roll Dessert: Peanut Butter Fluff	****Choice of One Chicken Spaghetti Cheeseburger ♣Chef Salad Chick/ Tuna Deli w/Chips ----- ★Lima Beans ★Sweet Potato Cubes ★Trimmings ★Apples w/dip ★Pear Halves ----- ♣Whole Wheat Garlic Bread Brownie
Jan 30	Jan 31			
****Choice of One Country Fried Steak Spicy Chicken on ♣ Bun ♣Chef Salad ♣Grilled Chicken Caesar Salad ★Cheesy California Vegetables ★Tossed Salad Rice & gravy ★Oranges ★Applesauce ----- ♣Whole Wheat Roll Dessert: Pudding Plus	****Choice of One Cheesy Chicken Hamburger ♣Chef Salad ♣Mandarin Chicken Salad ----- Sweet Potato Fries Broccoli Salad Banana Sliced Peaches ----- ♣Whole Wheat Roll Dessert: Peanut Butter Dessert			