

# March 2012

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)

*Indicates Healthier US Challenge Menu Item ♣WHOLE WHEAT OR/VEG ★FR/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
	<b>Breakfast Meal Prices</b> Full Paid \$1.75 Reduced \$ .30 Adult \$2.00		<b>Lunch Meal Prices</b> Full Paid \$ 2.50 Reduced \$ .40 Adult \$ 3.25		Option: ALL meals can have the whole wheat bread of the day Fruit and Vegetable Prices 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 – Mar 1	Friday – Mar 2
			<b>****Choice of One</b> Stromboli Chicken & Dumplings ♣Chef Salad ♣PB&J/Fruit & Yogurt Salad ----- ★Yam Patties ★Tossed Salad ★Pineapple ★Grapes ----- ♣Whole Wheat Roll Dessert: Jell-O	<b>****Choice of One</b> Vegetable Soup & ♣Sandwich ♣Chicken Fajitas Pocket/ Chips ♣Chef Salad ♣Chicken/Tuna Deli w/ Chips ----- ★Ranch Baked Potato ★Sweet Pea/Cheese Salad ★Fresh Oranges ★Pear Halves ----- Dessert: Cake w/Icing
<b>Mar 5</b>	<b>Mar 6</b>	<b>Mar 7</b>	<b>Mar 8</b>	<b>Mar 9</b>
<b>****Choice of One</b> 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	<b>****Choice of One</b> 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	<b>****Choice of One</b> 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	<b>****Choice of One</b> BBQ Chicken Cheese Burger on ♣ ♣Chef Salad Fruit & Yogurt Salad ----- ★Small Red Beans/Rice ★Spinach Salad ★Trimmings ★Banana ★Peaches ----- ♣Whole Wheat Roll Peanut Butter Dessert	<b>****Choice of One</b> Spaghetti & Meat Sauce Fish Nuggets/Shrimp Poppers Basket ♣Chef Salad Chick/ Tuna Deli w/ Chips ----- ★Green Beans ★Cheesy Potatoes ★Coleslaw ★Fresh Fruit Cup ★Pineapple ----- ♣Whole Wheat Breadstick Dessert: Oatmeal Cookie
<b>Mar 12</b>	<b>Mar 13</b>	<b>Mar 14</b>	<b>Mar 15</b>	<b>Mar 16</b>
Spring Break 	Spring Break 	Spring Break 	Spring Break 	Spring Break 
<b>Mar 19</b>	<b>Mar 20</b>	<b>Mar 21</b>	<b>Mar 22</b>	<b>Mar 23</b>
<b>****Choice of One</b> Country Fried Steak on Bun Oriental Chicken/Fried Rice ♣Chef Salad ♣Grilled Chicken Caesar Salad ----- ★Steamed Veggies ★Sweet Potato Cubes ★Orange Wedges ★Mixed Fruit ----- ♣Whole Wheat Roll Dessert: Pudding Plus	<b>****Choice of One</b> 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	<b>****Choice of One</b> 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	<b>****Choice of One</b> 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	<b>****Choice of One</b> 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
<b>Mar 26</b>	<b>Mar 27</b>	<b>Mar 28</b>	<b>Mar 29</b>	<b>Mar 30</b>
<b>****Choice of One</b> ♣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	<b>****Choice of One</b> 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	<b>****Choice of One</b> Student Choice Adult Choice ♣Chef Salad Cheese/Veggie Wrap w/chips ----- ★Greek Salad ★Corn ★Pasta Salad ★Fresh Melons ★Pineapple ----- ♣Whole Wheat Roll Dessert: Rice Crispy Treat	<b>****Choice of One</b> 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	<b>****Choice of One</b> Chicken Spaghetti Cheeseburger ♣Chef Salad Chick/ Tuna on Deli w/Chips ----- ★Lima Beans ★Sweet Potato Cubes ★Trimmings ★Apples w/dip ★Pear Halves ----- ♣Whole Wheat Garlic Bread Brownie