

May 2012

LAMAR COUNTY SCHOOLS MENU (Kindergarten – 12th grades)

Breakfast: Students must select 3 of the four items offered for a reimbursable meal.

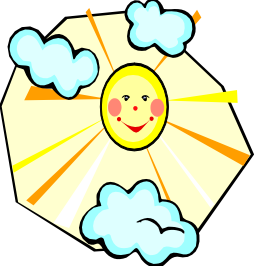



Lunch: Students must select 3, 4, or 5 of the 5 offered components for a reimbursable meal.

BREAKFAST MENU

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<p>*Indicates Healthier US Challenge Menu Item ♣ WHOLE WHEAT ★ R/VEG □ DARK OR/GREEN/VEG ♣ 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>Breakfast Meal Prices</p> <p>Full Paid \$1.75 Reduced \$.30 Adult \$2.00</p>		<p>Lunch Meal Prices</p> <p>Full Paid \$ 2.50 Reduced \$.40 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> Choice of 1% White, Chocolate or skim milk offered daily. ALL Salads are served with 1 oz. whole grain croutons</p>	

LUNCH MENU

Monday	Tuesday – May 1	Wednesday - May 2	Thursday – May 3	Friday – May 4
	<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: Chocolate 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>
May 7	May 8	May 9	May 10	May 11
<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>
May 14	May 15	May 16	May 17	May 18
<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>
May 21	May 22			
<p>****Choice of One</p> <p>♣ Red Beans & Rice Beef/Cheese Quesadilla ♣ Chef Salad ♣ Grilled Chicken Caesar Salad</p> <hr/> <p>★ Seasoned Greens ★ Cucumbers & Dip Black Bean/Corn Salsa ★ Oranges Wedges ★ Pears</p> <hr/> <p>♣ Whole Grain Cornbread Dessert: Juice Bar</p>	<p style="font-size: 2em; font-weight: bold;">60% day</p>			

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