

November 2011

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.lcsdcm.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-Nov 1	Wednesday-Nov 2	Thursday-Nov 3	Friday-Nov 4
	****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 ★Trimming ★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 ★Trimming ★Banana ★Peaches ----- ♣Whole Wheat Roll Peanut Butter Dessert	****Choice of One 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
	Nov 7 ****Choice of One 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	Nov 8 ****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	Nov 9 ****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	Nov 10 Thanksgiving Dinner Turkey and Dressing ♣Whole Wheat Roll Turkey Sub ----- ★Green Beans ★Tossed Salad ★Sweet Potato Soufflé ★Fruit Salad Dessert ----- ♣Whole Wheat Roll Dessert: Peanut Butter Fluff
Nov 14 ****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	Nov 15 ****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	Nov 16 ****Choice of One 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	Nov 17 ****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	Nov 18 ****Choice of One Chicken Spaghetti Cheeseburger ♣Chef Salad Chick/ Tuna Deli w/Chips ----- ★Lima Beans ★Sweet Potato Cubes ★Trimming ★Apples w/dip ★Pear Halves ----- ♣Whole Wheat Garlic Bread Brownie
Nov 21	Nov 22	Nov 23	Nov 24	Nov 25

Happy Thanksgiving

Nov 28	Nov 29	Nov 30	
****Choice of One Country Fried Steak Spicy Chicken on ♣ Bun ♣Chef Salad ♣Grilled Chicken Caesar Salad ----- ★Cheesy California Vegetables ★Sweet Potato Cubes Rice & gravy ★Oranges ★Applesauce ----- ♣Whole Wheat Roll Dessert: Pudding Plus	****Choice of One Cheesy Chicken Hamburger ♣Chef Salad ♣Mandarin Chicken Salad ----- Sweet Potato Cubes Broccoli Salad Banana Sliced Peaches ----- ♣Whole Wheat Roll Dessert: Peanut Butter Dessert	****Choice of One ♣Jambalaya Corndog Nuggets ♣Chef Salad Cheese/Veggie Wrap w/chips ----- ♠Baked Beans ★Veggies & Dip Mac & Cheese ★Apple Wedges/Dip ★Fruit Cocktail ----- ♣Whole Wheat Roll Dessert: Chocolate Chip Cookie	