

# September 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</p> <p>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><i>Breakfast Meal Prices</i></p> <p>Full Paid \$1.75</p> <p>Reduced \$ .30</p> <p>Adult \$2.00</p>		<p><i>Lunch Meal Prices</i></p> <p>Full Paid \$ 2.50</p> <p>Reduced \$ .40</p> <p>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></p> <p><i>Choice of 1% White, Chocolate or skim milk offered daily.</i></p> <p><i>ALL Salads are served with 1 oz. whole grain croutons</i></p>	

## LUNCH MENU

Monday	Tuesday	Wednesday	Thursday – Sept 1	Friday – Sept 2
			<p><b>****Choice of One</b></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><b>****Choice of One</b></p> <p>Chicken Noodle &amp; ♣Sandwich ♣Chicken Fajitas Pocket/ Chips ♣Chef Salad ♣Chicken/Tuna Deli Sandwich /w Chips</p> <hr/> <p>★Ranch Baked Potato ★Sweet Pea/Cheese Salad ★Fresh Oranges ★Pear Halves</p> <hr/> <p>Dessert: Cake w/Icing</p>
<b>Sept 5</b>	<b>Sept 6</b>	<b>Sept 7</b>	<b>Sept 8</b>	<b>Sept 9</b>
<p><b>Labor Day</b></p>	<p><b>****Choice of One</b></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><b>****Choice of One</b></p> <p>Chili w/ Cheese Bowl Grilled Chicken on ♣Bun ♣Chef Salad ♣Cheese/Veggie Wrap w/ chips</p> <hr/> <p>★Fries ★3 Bean Salad ★Trimming ★Applesauce ★Grapes</p> <hr/> <p>♣Whole Wheat Roll Dessert: Brownie</p>	<p><b>****Choice of One</b></p> <p>BBQ Chicken ♣Cheese Burger ♣Chef Salad Fruit &amp; Yogurt Salad</p> <hr/> <p>★Small Red Beans/Rice ★Spinach Salad ★Trimming ★Banana ★Peaches</p> <hr/> <p>♣Whole Wheat Breadstick Peanut Butter Dessert</p>	<p><b>****Choice of One</b></p> <p>Spaghetti &amp; Meat Sauce Fish Nuggets/Shrimp Poppers Basket ♣Chef Salad Chick/ Tuna ♣Deli Sandwich w/ Chips</p> <hr/> <p>★Green Beans ★Cheesy Potatoes ★Coleslaw ★Fresh Melon Cup ★Pineapple</p> <hr/> <p>♣Whole Wheat Roll Dessert: Oatmeal Cookie</p>
<b>Sept 12</b>	<b>Sept 13</b>	<b>Sept 14</b>	<b>Sept 15</b>	<b>Sept 16</b>
<p><b>****Choice of One</b></p> <p>Country Fried Steak on ♣ Bun Oriental Chicken/♣Fried Rice ♣Chef Salad ♣Grilled Chicken Caesar Salad</p> <hr/> <p>□★Steamed Veggies ★Sweet Potato Fries ★Orange Wedges ★Mixed Fruit</p> <hr/> <p>♣Whole Wheat Roll Dessert: Pudding Plus</p>	<p><b>****Choice of One</b></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><b>****Choice of One</b></p> <p>Chicken Parmesan 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><b>****Choice of One</b></p> <p>Brunch for Lunch ♣American Deli w/ Chips ♣Chef Salad ♣PB&amp;J/Fruit &amp; Yogurt Salad</p> <hr/> <p>★Hash Browns ★Refried Beans ★Trimming ★Banana/Fresh Fruit Cup ★Pear Halves</p> <hr/> <p>♣Whole Wheat Biscuit</p>	<p><b>****Choice of One</b></p> <p>Taco Soup cheese &amp; chips Chicken Tenders ♣Chef Salad Chick/Tuna ♣ Deli Sandwich w/ Chips</p> <hr/> <p>★Creamed Potatoes ★Green Peas ★Grapes ★Applesauce</p> <hr/> <p>♣Whole Wheat Roll Dessert: Banana Pudding</p>
<b>Sept 19</b>	<b>Sept 20</b>	<b>Sept 21</b>	<b>Sept 22</b>	<b>Sept 23</b>
<p><b>****Choice of One</b></p> <p>♠Red Beans &amp; ♣Rice ♣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><b>****Choice of One</b></p> <p>Chicken Nuggets BBQ Rib on ♣Hoagie w/ chips ♣Chef Salad ♣Mandarin Chicken Salad</p> <hr/> <p>★Baked Beans ★Tossed Salad ★Plums ★Sliced Peaches</p> <hr/> <p>♣Whole Wheat Roll Dessert: Oatmeal Cookie</p>	<p><b>****Choice of One</b></p> <p>Student Choice Adult Choice ♣Chef Salad Cheese/Veggie Wrap w/chips</p> <hr/> <p>★Greek Salad ★Corn ♣Pasta Salad ★Fresh Melons ★Pineapple</p> <hr/> <p>♣Whole Wheat Roll Dessert: Rice Crispy Treat</p>	<p><b>****Choice of One</b></p> <p>♣Pizza Saucy Chicken Wings w/Dip ♣Chef Salad Fruit &amp; Yogurt Salad</p> <hr/> <p>★Broccoli &amp; Cheese ★Carrot/Celery/ Cucumber w/ Dip ★Banana ★Fresh Fruit Cup</p> <hr/> <p>♣Whole Wheat Roll Dessert: Peanut Butter Fluff</p>	<p><b>****Choice of One</b></p> <p>Chicken Spaghetti ♣Cheeseburger ♣Chef Salad Chick/Tuna ♣ Deli Sandwich w/Chips</p> <hr/> <p>★Lima Beans ★Sweet Potato Fries ★Trimming ★Apples w/dip ★Pear Halves</p> <hr/> <p>♣Whole Wheat Garlic Bread Brownie</p>
<b>Sept 26</b>	<b>Sept 27</b>	<b>Sept 28</b>	<b>Sept 29</b>	<b>Sept 30</b>
<p><b>****Choice of One</b></p> <p>Country Fried Steak Spicy Chicken on ♣ Bun ♣Chef Salad ♣Grilled Chicken Caesar Salad</p> <hr/> <p>★Cheesy California Vegetables ★Tossed Salad ♣Rice &amp; gravy ★Oranges ★Applesauce</p> <hr/> <p>♣Whole Wheat Roll Dessert: Pudding Plus</p>	<p><b>****Choice of One</b></p> <p>Cheesy Chicken ♣Hamburger ♣Chef Salad ♣Mandarin Chicken Salad</p> <hr/> <p>★Sweet Potato Fries ★Broccoli Salad ★Banana ★Sliced Peaches</p> <hr/> <p>♣Whole Wheat Roll Dessert: Peanut Butter Dessert</p>	<p><b>****Choice of One</b></p> <p>♣Jambalaya Corndog Nuggets ♣Chef Salad Cheese/Veggie Wrap w/chips</p> <hr/> <p>★Baked Beans ★Veggies &amp; Dip ♣Mac &amp; Cheese ★Apple Wedges/Dip ★Fruit Cocktail</p> <hr/> <p>♣Whole Wheat Roll Dessert: Chocolate Chip Cookie</p>	<p><b>****Choice of One</b></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><b>****Choice of One</b></p> <p>Vegetable Soup &amp; ♣Sandwich ♣Chicken Fajitas Pocket/ Chips ♣Chef Salad ♣Chicken/Tuna Deli Sandwich /w Chips</p> <hr/> <p>★Ranch Baked Potato ★Sweet Pea/Cheese Salad ★Fresh Oranges ★Pear Halves</p> <hr/> <p>Dessert: Cake w/Icing</p>