

August 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

<p>*Indicates Healthier US Challenge Menu Item</p> <p>♣WHOLE WHEAT</p> <p>★FR/VEG</p> <p>❖DARK 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 Reduced \$.30 Adult \$2.00</p>		<p><i>Lunch Meal Prices</i></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></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 – Aug 4	Friday-Aug 5
				
Aug 8	Aug 9	Aug 10	Aug 11	Aug 12
<p>****Choice of One</p> <p>Tamale Pie Chicken Tenders ♣Chef Salad ♣Grilled Chicken Caesar Salad <u>Choice of Two</u> ★Corn ★❖Tossed Salad ♣Rice & Gravy ★Plums ★Pear Halves</p> <p>-----</p> <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 <u>Choice of Two</u> ★❖Broccoli & Cheese ★Steamed Cabbage ★Apple/Orange Wedges ★Fruit Cocktail</p> <p>-----</p> <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 <u>Choice of Two</u> ★Fries ★♣3 Bean Salad ★❖Trimmings ★Applesauce ★Grapes</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Brownie</p>	<p>****Choice of One</p> <p>Stromboli Chicken & Dumplings ♣Chef Salad ♣PB&J/Fruit & Yogurt Salad <u>Choice of Two</u> ★❖Yam Patties ★❖Tossed Salad ★Pineapple ★Grapes</p> <p>-----</p> <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 Sandwich /w Chips <u>Choice of Two</u> ★Ranch Baked Potato ★❖Sweet Pea/Cheese Salad ★Fresh Oranges ★Pear Halves</p> <p>-----</p> <p>Dessert: Cake w/Icing</p>
Aug 15	Aug 16	Aug 17	Aug 18	Aug 19
<p>****Choice of One</p> <p>Country Fried Steak on Bun Oriental Chicken/Fried Rice ♣Chef Salad ♣Grilled Chicken Caesar Salad <u>Choice of Two</u> ★Steamed Veggies Sweet Potato Fries ★Orange Wedges ★Mixed Fruit</p> <p>-----</p> <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 <u>Choice of Two</u> ★❖Copper Pennies (Carrots) ★Potato Salad ★Apple Wedges w/ Dip ★Sliced Peaches</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Fruit Crisp Cobbler</p>	<p>****Choice of One</p> <p>Chicken Parmesan BBQ on ♣Bun w/ Chips ♣Chef Salad ♣Cheese/Veggie Wrap w/ chips <u>Choice of Two</u> ★Mixed Vegetables ★❖Carrot & Raisin Salad ★Plums ★Pineapple</p> <p>-----</p> <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 <u>Choice of Two</u> ★Hash Browns ★♣Refried Beans ★❖Trimmings ★Banana/Fresh Fruit Cup ★Pear Halves</p> <p>-----</p> <p>♣Whole Wheat Biscuit</p>	<p>****Choice of One</p> <p>Taco Soup cheese & chips Chicken Tenders ♣Chef Salad Chick/Tuna Sandwich w/ Chips <u>Choice of Two</u> ★Creamed Potatoes ★Green Peas ★Grapes ★Applesauce</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Banana Pudding</p>
Aug 22	Aug 23	Aug 24	Aug 25	Aug 26
<p>****Choice of One</p> <p>♣Red Beans & Rice Quesadilla ♣Chef Salad ♣Grilled Chicken Caesar Salad <u>Choice of Two</u> ★❖Seasoned Greens ★Cucumbers & Dip Black Bean/Corn Salsa ★Oranges Wedges ★Pears</p> <p>-----</p> <p>♣Whole Grain Cornbread Dessert: Juice Bar</p>	<p>****Choice of One</p> <p>Chicken Nuggets BBQ Rib on Hoagie w/ chips ♣Chef Salad ♣Mandarin Chicken Salad <u>Choice of Two</u> ★♣Baked Beans ★❖Tossed Salad ★Plums ★Sliced Peaches</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Oatmeal Cookie</p>	<p>****Choice of One</p> <p>Student Choice Adult Choice ♣Chef Salad Cheese/Veggie Wrap w/chips <u>Choice of Two</u> ★❖Greek Salad ★Corn Pasta Salad ★Fresh Melons ★Pineapple</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Rice Crispy Treat</p>	<p>****Choice of One</p> <p>Pizza Saucy Chicken Wings w/Dip ♣Chef Salad Fruit & Yogurt Salad <u>Choice of Two</u> ★❖Broccoli & Cheese ★❖Carrot/Celery/ Cucumber w/ Dip ★Banana ★Fresh Fruit Cup</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Peanut Butter Fluff</p>	<p>****Choice of One</p> <p>Chicken Spaghetti Cheeseburger ♣Chef Salad Chick/ Tuna on Bun w/Chips <u>Choice of Two</u> ★♣Lima Beans ★Sweet Potato Fries ★❖Trimmings ★Apples w/dip ★Pear Halves</p> <p>-----</p> <p>♣Whole Wheat Garlic Bread Brownie</p>
Aug 29	Aug 30	Aug 31		
<p>****Choice of One</p> <p>Country Fried Steak Spicy Chicken on ♣ Bun ♣Chef Salad ♣Grilled Chicken Caesar Salad <u>Choice of Two</u> ★❖Cheesy California Vegetables ★❖Tossed Salad Rice & gravy ★Oranges ★Applesauce</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Pudding Plus</p>	<p>****Choice of One</p> <p>Cheesy Chicken Hamburger ♣Chef Salad ♣Mandarin Chicken Salad <u>Choice of Two</u> Sweet Potato Fries Broccoli Salad Banana Sliced Peaches</p> <p>-----</p> <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 <u>Choice of Two</u> ♣Baked Beans ★❖Veggies & Dip Mac & Cheese ★Apple Wedges/Dip ★Fruit Cocktail</p> <p>-----</p> <p>♣Whole Wheat Roll Dessert: Chocolate Chip Cookie</p>		