

August 2009

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.lcsdcn.com

Indicates Healthier US Challenge Menu Item ♣ WHOLE GRAIN ★ FR/VEG ☒ DARK OR/GREEN/VEG ♣ Legumes	Breakfast Pizza/Bagel Or Lg. Cereal Fr. Juice/Milk	Country Biscuit w/ Sausage Or Gravy Or Lg. Cereal Fr. Juice/Milk	Eggs/Grits/Sausage Patty/Toast Or Lg. Cereal Fr. Juice/Milk	Pancakes or Pancake Pup Or Lg. Cereal Fr. Juice/Milk	Cheese Grits & Toast Or Lg. Cereal Fr. Juice/Milk
	Breakfast Meal Prices Full Paid \$1.50 Reduced \$.30 Adult \$1.75		Lunch Meal Prices Full Paid \$ 2.25 Reduced \$.40 Adult \$ 3.00		Fruit and Vegetable Choices are subject to change due to seasonal prices and USDA shipments Choice of 4 oz. 100% Assorted Juice Daily Choice of 1% White, Chocolate or skim milk offered daily.

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday-Aug 6	Friday-Aug 7
			****Choice of One Cheesy Chicken/Rice w/ ♣Whole Grain Roll ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Mixed Vegetable ★Broccoli Salad ★Banana ★Garnished Sliced Peaches Dessert: Fruit Crisp/Cobbler	****Choice of One Veg/Beef Soup w/ ♣PB & J Chick. Noodle w/ ♣Gr. Ch ♣Flatbread Sandwich ♣Chef Salad Chick/Tuna on Bun w/ Chips Choice of Two ★Ranch Baked Potatoes ★Corn ★Fresh Oranges ★Garnished Pear Halves Dessert: Cake w/Icing
Aug 10	Aug 11	Aug 12	Aug 13	Aug 14
****Choice of One Cheese Burger on ♣Bun Chicken Teriyaki ♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Green Beans ★Fries ★Trimnings ★Garnished Apple/Orange Wedges ★Mixed Fruit Dessert: ♣Whole Grain Cinnamon Stick	****Choice of One Chicken Tenders or Shepherd's Pie w/ ♣Whole Grain Roll ♣Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two ★Steamed Cabbage ★Tossed Salad ★Mashed Potatoes ★Fresh Fruit ★Garnished Pear Halves Dessert: CC Cookie	****Choice of One *Nacho Grande or Grilled Chicken/♣Bun ♣Spanish Br. Rice ♣Chef Salad Fruit/Yogurt Salad Choice of Two ★Corn ★Refried Beans ★Trimnings ★Garnished Applesauce ★Seasonal Fresh Fruit Dessert: Peanut Butter Dessert	****Choice of One BBQ Chicken/ ♣Whole Grain Roll ♣American Deli w/ Sun Chips ♣ Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Baked Beans ★Spinach Salad ★Trimnings ★Banana ★Garnished Sliced Peaches Dessert: Jell-O /Toppings	****Choice of One Meat sauce & ♣Pasta w/ ♣Whole Grain Roll Baked Fish on ♣Bun ♣Chef Salad Chick/ Tuna on Bun/ Baked Chips Choice of Two ★Sweet Peas ★Veggies & Dip ★Trimnings ★Fresh Fruit Cup ★Pineapple Tidbits w garnish Dessert: Oatmeal Cookie
Aug 17	Aug 18	Aug 19	Aug 20	Aug 21
****Choice of One Pizza Beef Taco/Cheese ♣W/W TORTILLA ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Refried Beans ★Corn ★Trimnings ★Garnished Orange Wedges ★Mixed Fruit Dessert: Peanut Butter Bar	****Choice of One Hot Dogs W/ Chili or Sloppy Joe on ♣Bun Chicken Gumbo ♣Rice/Crackers ♣Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two ★Tossed Salad ★Baked Beans ★Apple Wedges w/ Dip ★Garnished Sliced Peaches Dessert: Oatmeal Cookie	****Choice of One Cheesy Chicken/Rice w/ ♣Whole Grain Roll BBQ on ♣Bun ♣Chef Salad Fruit/Yogurt Salad Choice of Two ★Lima Beans ★Veggies & Dip ★Fresh Plums ★Garnished Pineapple Tidbits Dessert: Fruit Crisp/Cobbler	****Choice of One Corndog Nuggets/ ♣Whole Grain Mac & Cheese ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Green Beans ★Black eye Peas ★Trimnings ★Banana ★Garnished Pear Halves Dessert: Cake w/ Icing	****Choice of One Chili/Cheese Fritos w/chips Ham & Cheese W/W ♣Bagel ♣Chef Salad Chick/ Tuna on Bun w/ Baked Chips Choice of Two ★Corn ★Spinach Salad ★Seasonal Fresh Fruit ★Applesauce w/glaze Dessert: Banana Pudding
Aug 24	Aug 25	Aug 26	Aug 27	Aug 28
****Choice of One Spicy Chicken on ♣Bun Mexican Taco/ ♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Corn ★Refried Beans ★Lettuce/ Tomato ★Oranges w/ garnish ★Mixed Fruit Dessert: Southern Mud	****Choice of One Chicken Nuggets w/ ♣Whole Grain Roll Sloppy Joe on ♣Bun ♣Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two ★Mashed or New Potatoes ★Spinach W/Cheese ★Seasonal Fresh Fruit ★Garnished Sliced Peaches Dessert: Oatmeal Cookie	****Choice of One Student Choice Adult Choice w/ ♣Seasoned Rice ♣Chef Salad Fruit/Yogurt Salad Choice of Two ★Green Peas ★Carrot & Raisin Salad ★Garnished Pineapple Tidbits ★Fresh Fruit Dessert: Rice Crispy Treat	****Choice of One Loaded Potato w/ ♣Ch. Toast on Whole Grain ♣American Deli w/Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Broccoli & Cheese ★Tossed Salad ★Lettuce/Tomato ★Banana ★Applesauce Dessert: Peanut Butter Fluff	****Choice of One ♣Chicken Spaghetti w/ ♣Whole Grain Roll Hamburger/♣Bun ♣Chef Salad Chick/ Tuna on Bun w/ Baked Chips Choice of Two ★Steamed Veggies ★Fries ★Lettuce/Tomato ★Apple Wedges w/dip ★Garnished Pears Dessert: Cookie
Aug 31				
****Choice of One Stuffed Crust Pizza ♣Red Beans & ♣Br. Rice w/ ♣Whole Grain cornbread ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Seasoned Greens ★Cucumber & Dip ★Garnished Orange Wedges ★Applesauce w/ strawberry Dessert: Pudding Plus				