

March 2010

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 GRAIN</p> <p>★FR/VEG</p> <p>□DARK</p> <p>OR/GREEN/VEG</p> <p>♣Legumes</p>	Breakfast Pizza/Bagel Or Lg. Cereal Fr. Juice/Milk	Country Biscuit w/ Sausage 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 \$.40 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 <u>Choice of 4 oz. 100% Assorted Juice Daily</u> <u>Choice of 1% White, Chocolate or skim milk offered daily.</u>	

LUNCH MENU

Monday-Mar 1	Tuesday-Mar 2	Wednesday-Mar 3	Thursday-Mar 4	Friday-Mar 5
<p>****Choice of One</p> <p>Stuffed Crust Pizza</p> <p>♣Red Beans & ♣Br. Rice w/ ♣Whole Grain cornbread</p> <p>♣Chef Salad</p> <p>♣Grilled Chicken Caesar</p> <p>Choice of Two</p> <p>★□Beasoned Greens</p> <p>★Cucumber & Dip</p> <p>★Garnished Orange Wedges</p> <p>★Applesauce w/ strawberry</p> <p>Dessert: Pudding Plus</p>	<p>****Choice of One</p> <p>Corndog Nuggets w/ ♣MAC & CHEESE</p> <p>Beef-a-roni w/ ♣Whole Grain Roll</p> <p>♣Chef Salad</p> <p>Veggie/Cheese Wrap w/Sun chips</p> <p>Choice of Two</p> <p>★Green Beans</p> <p>★□Cossed Salad</p> <p>★Apple Wedges/Yogurt Dip</p> <p>★Mixed Fruit</p> <p>Dessert: CC Cookies</p>	<p>****Choice of One</p> <p>Stromboli</p> <p>Chicken & Dumplings w/ ♣Whole Grain Roll</p> <p>♣Chef Salad</p> <p>Fruit/Yogurt Salad</p> <p>Choice of Two</p> <p>★□Yam Patty</p> <p>★□Veggies & Dip</p> <p>★Garnished Pineapple Tidbits</p> <p>★Fresh Fruit</p> <p>Dessert: Jell-O w/ Topping</p>	<p>****Choice of One</p> <p>Cheesy Chicken/Rice w/ ♣Whole Grain Roll</p> <p>♣American Deli w/ Sun Chips</p> <p>♣Chef Salad</p> <p>♣Mandarin Chicken Salad</p> <p>Choice of Two</p> <p>★Mixed Vegetables</p> <p>★□Broccoli Salad</p> <p>★Banana</p> <p>★Garnished Sliced Peaches</p> <p>Dessert: Fruit Crisp/Cobbler</p>	<p>****Choice of One</p> <p>Veg/Beef Soup w/PB&J or Chick. Noodle w/♣Gr. Cheese</p> <p>♣Flatbread Sandwich</p> <p>♣Chef Salad</p> <p>Chick/ Tuna on Bun w/ Baked Chips</p> <p>Choice of Two</p> <p>★Ranch Baked Potatoes</p> <p>★Corn</p> <p>★Fresh Oranges</p> <p>★Garnished Pear Halves</p> <p>Dessert: Cake w/Icing</p>
Mar 8	Mar 9	Mar 10	Mar 11	Mar 12
<p>****Choice of One</p> <p>Cheese Burger on ♣Bun</p> <p>Chicken Teriyaki ♣Br. Rice Bowl</p> <p>♣Chef Salad</p> <p>♣Grilled Chicken Caesar</p> <p>Choice of Two</p> <p>★Green Beans</p> <p>★Fries</p> <p>★Trimmings</p> <p>★Garnished Apple/Orange Wedges</p> <p>★Mixed Fruit</p> <p>Dessert: ♣Whole Grain Cinnamon</p>	<p>****Choice of One</p> <p>Chicken Tenders or Shepherd's Pie w/ ♣Whole Grain Roll</p> <p>♣Chef Salad</p> <p>Veggie/Cheese Wrap w/Sun chips</p> <p>Choice of Two</p> <p>★Steamed Cabbage</p> <p>★□Cossed Salad</p> <p>★Mashed Potatoes</p> <p>★Fresh Fruit</p> <p>★Garnished Pear Halves</p> <p>Dessert: CC Cookie</p>	<p>****Choice of One</p> <p>*Nacho Grande or Grilled Chicken/ ♣Bun</p> <p>♣Spanish Br. Rice</p> <p>♣Chef Salad</p> <p>Fruit/Yogurt Salad</p> <p>Choice of Two</p> <p>★Corn</p> <p>★Refried Beans</p> <p>★Trimmings</p> <p>★Garnished Applesauce</p> <p>★Seasonal Fresh Fruit</p> <p>Dessert: Peanut Butter Dessert</p>	<p>****Choice of One</p> <p>BBQ Chicken/ ♣Whole Grain Roll</p> <p>♣American Deli w/ Sun Chips</p> <p>♣Chef Salad</p> <p>♣Mandarin Chicken Salad</p> <p>Choice of Two</p> <p>★Baked Beans</p> <p>★□Spinach Salad</p> <p>★Trimmings</p> <p>★Banana</p> <p>★Garnished Sliced Peaches</p> <p>Dessert: Jell-O /Toppings</p>	<p>****Choice of One</p> <p>Meat sauce & ♣Pasta w/ ♣Whole Grain Roll</p> <p>Baked Fish on ♣Bun</p> <p>♣Chef Salad</p> <p>Chick/ Tuna on Bun/ Baked Chips</p> <p>Choice of Two</p> <p>★Sweet Peas</p> <p>★□Veggies & Dip</p> <p>★Trimmings</p> <p>★Fresh Fruit Cup</p> <p>★Pineapple Tidbits w garnish</p> <p>Dessert: Oatmeal Cookie</p>
Mar 15	Mar 16	Mar 17	Mar 18	Mar 19
Spring Break 	Spring Break 	Spring Break 	Spring Break 	Spring Break 
Mar 22	Mar 23	Mar 24	Mar 25	Mar 26
<p>****Choice of One</p> <p>Pizza</p> <p>Beef Taco/Cheese</p> <p>♣W/W TORTILLA</p> <p>♣Chef Salad</p> <p>♣Grilled Chicken Caesar</p> <p>Choice of Two</p> <p>★Refried Beans</p> <p>★Corn</p> <p>★Trimmings</p> <p>★Garnished Orange Wedges</p> <p>★Mixed Fruit</p> <p>Dessert: Peanut Butter Bar</p>	<p>****Choice of One</p> <p>Hot Dogs W/ Chili or Sloppy Joe on ♣Bun</p> <p>Chicken Gumbo</p> <p>♣Rice/Crackers</p> <p>♣Chef Salad</p> <p>Veggie/Cheese Wrap w/Sun chips</p> <p>Choice of Two</p> <p>★□Cossed Salad</p> <p>★Baked Beans</p> <p>★Apple Wedges w/ Dip</p> <p>★Garnished Sliced Peaches</p> <p>Dessert: Oatmeal Cookie</p>	<p>****Choice of One</p> <p>Cheesy Chicken/Rice w/ ♣Whole Grain Roll</p> <p>BBQ on ♣Bun</p> <p>♣Chef Salad</p> <p>Fruit/Yogurt Salad</p> <p>Choice of Two</p> <p>★Lima Beans</p> <p>★□Veggies & Dip</p> <p>★Fresh Plums</p> <p>★Garnished Pineapple Tidbits</p> <p>Dessert: Fruit Crisp/Cobbler</p>	<p>****Choice of One</p> <p>Corndog Nuggets/ ♣Whole Grain Mac & Cheese</p> <p>♣American Deli w/ Sun Chips</p> <p>♣Chef Salad</p> <p>♣Mandarin Chicken Salad</p> <p>Choice of Two</p> <p>★Green Beans</p> <p>★Black eye Peas</p> <p>★Trimmings</p> <p>★Banana</p> <p>★Garnished Pear Halves</p> <p>Dessert: Cake w/ Icing</p>	<p>****Choice of One</p> <p>Chili/Cheese Fritos w/chips</p> <p>Ham & Cheese W/W ♣Bagel</p> <p>♣Chef Salad</p> <p>Chick/ Tuna on Bun w/ Baked Chips</p> <p>Choice of Two</p> <p>★Corn</p> <p>★□Spinach Salad</p> <p>★Seasonal Fresh Fruit</p> <p>★Applesauce w/glaze</p> <p>Dessert: Banana Pudding</p>
Mar 29	Mar 30	Mar 31		
<p>****Choice of One</p> <p>Spicy Chicken on ♣Bun</p> <p>Mexican Taco/ ♣Br. Rice Bowl</p> <p>♣Chef Salad</p> <p>♣Grilled Chicken Caesar</p> <p>Choice of Two</p> <p>★Corn</p> <p>★Refried Beans</p> <p>★Trimmings</p> <p>★Oranges w/ garnish</p> <p>★Mixed Fruit</p> <p>Dessert: Southern Mud</p>	<p>****Choice of One</p> <p>Chicken Nuggets w/ ♣Whole Grain Roll</p> <p>Sloppy Joe on ♣Bun</p> <p>♣Chef Salad</p> <p>Veggie/Cheese Wrap w/Sun chips</p> <p>Choice of Two</p> <p>★Mashed or New Potatoes</p> <p>★□Spinach W/Cheese</p> <p>★Seasonal Fresh Fruit</p> <p>★Garnished Sliced Peaches</p> <p>Dessert: Oatmeal Cookie</p>	<p>****Choice of One</p> <p>Student Choice</p> <p>Adult Choice</p> <p>w/ ♣Seasoned Rice</p> <p>♣Chef Salad</p> <p>Fruit/Yogurt Salad</p> <p>Choice of Two</p> <p>★Green Peas</p> <p>★Carrot & Raisin Salad</p> <p>★Garnished Pineapple Tidbits</p> <p>★Fresh Fruit</p> <p>Dessert: Rice Crispy Treat</p>		