

# November 2009

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.lcsdcdn.com](http://www.lcsdcdn.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 \$ .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-Nov 2	Tuesday-Nov 3	Wednesday-Nov 4	Thursday-Nov 5	Friday-Nov 6
<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>★Tossed 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 &amp; ♣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 &amp; Dip</p> <p>★Trimmings</p> <p>★Fresh Fruit Cup</p> <p>★Pineapple Tidbits w garnish</p> <p>Dessert: Oatmeal Cookie</p>
<b>Nov 9</b>	<b>Nov 10</b>	<b>Nov 11</b>	<b>Nov 12</b>	<b>Nov 13</b>
<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>★Tossed 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 &amp; 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 &amp; 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 &amp; 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>
<b>Nov 16</b>	<b>Nov 17</b>	<b>Nov 18</b>	<b>Nov 19</b>	<b>Nov 20</b>
<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 style="text-align: center;"><b>Thanksgiving Dinner</b></p> <p>Turkey and Dressing/ ♣Whole Grain Roll</p> <p>Turkey Sub</p> <p>Choice of Two</p> <p>★Green Beans</p> <p>★Tossed Salad</p> <p>★Sweet Potato Soufflé</p> <p>★Fruit Salad</p> <p>Dessert: Fruit Crisp/Cobbler</p>	<p>****Choice of One</p> <p>Loaded Potato w/ ♣Ch. Toast on Whole Grain</p> <p>♣American Deli w/Sun Chips</p> <p>♣Chef Salad</p> <p>♣Mandarin Chicken Salad</p> <p>Choice of Two</p> <p>★Broccoli &amp; Cheese</p> <p>★Tossed Salad</p> <p>★Trimmings</p> <p>★Banana</p> <p>★Applesauce w/glaze</p> <p>Dessert: Peanut butter Fluff</p>	<p>****Choice of One</p> <p>Chicken ♣Spaghetti w/ ♣Whole Grain Roll</p> <p>Hamburger/ ♣Bun</p> <p>♣Chef Salad</p> <p>Chick/ Tuna on Bun w/ Baked Chips</p> <p>Choice of Two</p> <p>★Steamed Veggies</p> <p>★Fries</p> <p>★Trimmings</p> <p>★Apple Wedges w/dip</p> <p>★Garnished Pears</p> <p>Dessert: Brownie</p>
<b>Nov 23</b>	<b>Nov 24</b>	<b>Nov 25</b>	<b>Nov 26</b>	<b>Nov 27</b>
Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving
				
<b>Nov 30</b>				
<p>****Choice of One</p> <p>Stuffed Crust Pizza</p> <p>♣Red Beans &amp; ♣Br. Rice w/ ♣Whole Grain cornbread</p> <p>♣Chef Salad</p> <p>♣Grilled Chicken Caesar</p> <p>Choice of Two</p> <p>★Seasoned Greens</p> <p>★Cucumber &amp; Dip</p> <p>★Garnished Orange Wedges</p> <p>★Applesauce w/ strawberry</p> <p>Dessert: Pudding Plus</p>				