

October 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

<p>*Indicates Healthier US Challenge Menu Item</p> <p>♣WHOLE GRAIN</p> <p>★FR/VEG</p> <p>☐DARK 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
<p><i>Breakfast Meal Prices</i></p> <p>Full Paid \$1.50</p> <p>Reduced \$.30</p> <p>Adult \$1.75</p>		<p><i>Lunch Meal Prices</i></p> <p>Full Paid \$ 2.25</p> <p>Reduced \$.40</p> <p>Adult \$ 3.00</p>		<p><i>Fruit and Vegetable Choices are subject to change due to seasonal prices and USDA shipments</i></p> <p>Choice of 4 oz. 100% Assorted Juice Daily</p> <p><u>Choice of 1% White, Chocolate or skim milk offered daily.</u></p>	

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday-Oct 1	Friday-Oct 2
			<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>
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
<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>★Trimming</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>★Trimming</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>★Trimming</p> <p>★Banana</p> <p>★Garnished Sliced Peaches</p> <p>Dessert: Jell-O /Toppings</p>	<p>Fall Break</p> 
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
<p>Fall Break</p> 	<p>Fall Break</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>★Trimming</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>
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
<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>★Trimming</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 Adult Choice 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>	<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 & Cheese</p> <p>★Tossed Salad</p> <p>★Trimming</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>♣American Deli w/ ♣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>★Trimming</p> <p>★Apple Wedges w/dip</p> <p>★Garnished Pears</p> <p>Dessert: Brownie</p>
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
<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>★Seasoned 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>★Tossed 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>★Lam 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>