

April 2010

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.lcsdcn.com](http://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 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 Choice of 4 oz. 100% Assorted Juice Daily Choice of 1% White, Chocolate or skim milk offered daily.

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday-April 1	Friday-April 2
			****Choice of One Cheesy Chicken/Rice w/ *Whole Grain Roll American Sub w/ Sun Chips Chef Salad Mandarin Chicken Salad Choice of Two *Mixed Vegetable **Broccoli Salad *Banana *Garnished Sliced Peaches Dessert: Fruit Crisp/Cobbler	Good Friday 
April 5  <b>Easter Monday</b>	April 6 ****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	April 7 ****Choice of One *Nacho Grande or Grilled Chicken/Bun *Spanish Br. Rice Chef Salad Fruit/Yogurt Salad Choice of Two *Corn *Refried Beans *Trimming *Garnished Applesauce *Seasonal Fresh Fruit Dessert: Peanut Butter Dessert	April 8 ****Choice of One BBQ Chicken/*Whole Grain Roll American Sub w/ Sun Chips Chef Salad Mandarin Chicken Salad Choice of Two *Baked Beans *Spinach Salad *Trimming *Banana *Garnished Sliced Peaches Dessert: Jell-O /Toppings	April 9 ****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 *Trimming *Fresh Fruit Cup *Pineapple Tidbits w garnish Dessert: Oatmeal Cookie
April 12 ****Choice of One Pizza Beef Taco/Cheese *W/W TORTILLA Chef Salad Grilled Chicken Caesar Choice of Two *Refried Beans *Corn *Trimming *Garnished Orange Wedges *Mixed Fruit Dessert: Peanut Butter Bar	April 13 ****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	April 14 ****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	April 15 ****Choice of One Corndog Nuggets/*Whole Grain Mac & Cheese American Sub w/ Sun Chips Chef Salad Mandarin Chicken Salad Choice of Two *Green Beans *Black eye Peas *Trimming *Banana *Garnished Pear Halves Dessert: Cake w/ Icing	April 16 ****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
April 19 ****Choice of One Spicy Chicken on Bun Mexican Taco/*Br. Rice Bowl Chef Salad Grilled Chicken Caesar Choice of Two *Corn *Refried Beans *Trimming *Oranges w/ garnish *Mixed Fruit Dessert: Southern Mud	April 20 ****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	April 21 ****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	April 22 ****Choice of One Loaded Potato w/*Ch. Toast on Whole Grain American Sub w/Sun Chips Chef Salad Mandarin Chicken Salad Choice of Two *Broccoli & Cheese **Tossed Salad *Trimming *Banana *Applesauce w/glaze Dessert: Peanut butter Fluff	April 23 ****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 *Trimming *Apple Wedges w/dip *Garnished Pears Dessert: Brownie
April 26 ****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	April 27 ****Choice of One Corndog Nuggets w/*MAC & CHEESE Beef-a-roni w/ *Whole Grain Roll Chef Salad Veggie/Cheese Wrap w/Sun chips Choice of Two *Green Beans **Tossed Salad *Apple Wedges/Yogurt Dip *Mixed Fruit Dessert: CC Cookies	April 28 ****Choice of One Stromboli Chicken & Dumplings w/ *Whole Grain Roll Chef Salad Fruit/Yogurt Salad Choice of Two *Yam Patty **Veggies & Dip *Garnished Pineapple Tidbits *Fresh Fruit Dessert: Jell-O w/ Topping	April 29 ****Choice of One Cheesy Chicken/Rice w/ *Whole Grain Roll American Sub w/ Sun Chips Chef Salad Mandarin Chicken Salad Choice of Two *Mixed Vegetable **Broccoli Salad *Banana *Garnished Sliced Peaches Dessert: Fruit Crisp/Cobbler	April 30 ****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