

# February 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

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

### LUNCH MENU

Monday- Feb 1	Tuesday-Feb 2	Wednesday-Feb 3	Thursday-Feb 4	Friday-Feb 5
			<b>****Choice of One</b> Cheesy Chicken/Rice w/ ♣Whole Grain Roll ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad <b>Choice of Two</b> ★Mixed Vegetable ★□Broccoli Salad ★Banana ★Garnished Sliced Peaches Dessert: Fruit Crisp/Cobbler	<b>****Choice of One</b> Veg/Beef Soup w/ PB & J Chick. Noodle w/ ♣Gr. Ch ♣Flatbread Sandwich ♣Chef Salad Chick/Tuna on Bun w/ Chips <b>Choice of Two</b> ★Ranch Baked Potatoes ★Corn ★Fresh Oranges ★Garnished Pear Halves Dessert: Cake w/Icing
<b>Feb 8</b>	<b>Feb 9</b>	<b>Feb 10</b>	<b>Feb 11</b>	<b>Feb 12</b>
<b>****Choice of One</b> Cheese Burger on ♣Bun Chicken Teriyaki ♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar <b>Choice of Two</b> ★Green Beans ★Fries ★Trimming ★Garnished Apple/Orange Wedges ★Mixed Fruit Dessert: ♣Whole Grain Cinnamon Stick	<b>****Choice of One</b> Chicken Tenders or Shepherd's Pie w/ ♣Whole Grain Roll ♣Chef Salad Veggie/Cheese Wrap w/Sun chips <b>Choice of Two</b> ★Steamed Cabbage ★□Tossed Salad ★Mashed Potatoes ★Fresh Fruit ★Garnished Pear Halves Dessert: CC Cookie	<b>****Choice of One</b> *Nacho Grande or Grilled Chicken/♣Bun ♣Spanish Br. Rice ♣Chef Salad Fruit/Yogurt Salad <b>Choice of Two</b> ★Corn ★Refried Beans ★Trimming ★Garnished Applesauce ★Seasonal Fresh Fruit Dessert: Peanut Butter Dessert	<b>****Choice of One</b> BBQ Chicken/♣Whole Grain Roll ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad <b>Choice of Two</b> ★Baked Beans ★□Spinach Salad ★Trimming ★Banana ★Garnished Sliced Peaches Dessert: Jell-O /Toppings	<b>****Choice of One</b> Meat sauce & ♣Pasta w/♣Whole Grain Roll Baked Fish on ♣Bun ♣Chef Salad Chick/ Tuna on Bun/ Baked Chips <b>Choice of Two</b> ★Sweet Peas ★□Veggies & Dip ★Trimming ★Fresh Fruit Cup ★Pineapple Tidbits w garnish Dessert: Oatmeal Cookie
<b>Feb 15</b>	<b>Feb 16</b>	<b>Feb 17</b>	<b>Feb 18</b>	<b>Feb 19</b>
	<b>****Choice of One</b> Hot Dogs W/ Chili or Sloppy Joe on ♣Bun Chicken Gumbo ♣Rice/Crackers ♣Chef Salad Veggie/Cheese Wrap w/Sun chips <b>Choice of Two</b> ★□Tossed Salad ★Baked Beans ★Apple Wedges w/ Dip ★Garnished Sliced Peaches Dessert: Oatmeal Cookie	<b>****Choice of One</b> Cheesy Chicken/Rice w/ ♣Whole Grain Roll BBQ on ♣Bun ♣Chef Salad Fruit/Yogurt Salad <b>Choice of Two</b> ★Lima Beans ★□Veggies & Dip ★Fresh Plums ★Garnished Pineapple Tidbits Dessert: Fruit Crisp/Cobbler	<b>****Choice of One</b> Corndog Nuggets/♣Whole Grain Mac & Cheese ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad <b>Choice of Two</b> ★Green Beans ★Black eye Peas ★Trimming ★Banana ★Garnished Pear Halves Dessert: Cake w/ Icing	<b>****Choice of One</b> Chili/Cheese Fritos w/chips Ham & Cheese W/W ♣Bagel ♣Chef Salad Chick/ Tuna on Bun w/ Baked Chips <b>Choice of Two</b> ★Corn ★□Spinach Salad ★Seasonal Fresh Fruit ★Applesauce w/glaze Dessert: Banana Pudding
<b>Feb 22</b>	<b>Feb 23</b>	<b>Feb 24</b>	<b>Feb 25</b>	<b>Feb 26</b>
<b>****Choice of One</b> Spicy Chicken on ♣Bun Mexican Taco/♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar <b>Choice of Two</b> ★Corn ★Refried Beans ★Trimming ★Oranges w/ garnish ★Mixed Fruit Dessert: Southern Mud	<b>****Choice of One</b> Chicken Nuggets w/♣Whole Grain Roll Sloppy Joe on ♣Bun ♣Chef Salad Veggie/Cheese Wrap w/Sun chips <b>Choice of Two</b> ★Mashed or New Potatoes ★□Spinach W/Cheese ★Seasonal Fresh Fruit ★Garnished Sliced Peaches Dessert: Oatmeal Cookie	<b>****Choice of One</b> Student Choice Adult Choice w/♣Seasoned Rice ♣Chef Salad Fruit/Yogurt Salad <b>Choice of Two</b> ★Green Peas ★Carrot & Raisin Salad ★Garnished Pineapple Tidbits ★Fresh Fruit Dessert: Rice Crispy Treat	<b>****Choice of One</b> Loaded Potato w/♣Ch. Toast on Whole Grain ♣American Deli w/Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad <b>Choice of Two</b> ★□Broccoli & Cheese ★□Tossed Salad ★Trimming ★Banana ★Applesauce w/glaze Dessert: Peanut butter Fluff	<b>****Choice of One</b> Chicken ♣Spaghetti w/ ♣Whole Grain Roll Hamburger/ ♣Bun ♣Chef Salad Chick/ Tuna on Bun w/ Baked Chips <b>Choice of Two</b> ★□Steamed Veggies ★Fries ★Trimming ★Apple Wedges w/dip ★Garnished Pears Dessert: Brownie