

January 2010

LAMAR COUNTY SCHOOLS MENU (Kindergarten – 12th grades)

Breakfast: Students must select 3 of the four items offered for a reimbursable meal.

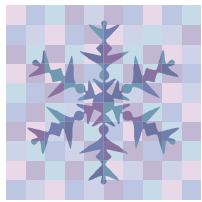


Lunch: Students must select 3, 4, or 5 of the 5 offered components for a reimbursable meal.

BREAKFAST MENU

VISIT US ON THE WEB: www.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
	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	Friday-Jan 1
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
			****Choice of One Cheesy Chicken/Rice w/ ♣Whole Grain Roll ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Mixed Vegetable ★□Broccoli Salad ★Banana ★Garnished Sliced Peaches Dessert: Fruit Crisp/Cobbler	****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
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
****Choice of One Cheese Burger on ♣Bun Chicken Teriyaki ♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Green Beans ★Fries ★Trimmings ★Garnished Apple/Orange Wedges ★Mixed Fruit Dessert: ♣Whole Grain Cinnamon Stick	****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	****Choice of One *Nacho Grande or Grilled Chicken/♣Bun ♣Spanish Br. Rice ♣Chef Salad Fruit/Yogurt Salad Choice of Two ★Corn ★Refried Beans ★Trimmings ★Garnished Applesauce ★Seasonal Fresh Fruit Dessert: Peanut Butter Dessert	****Choice of One BBQ Chicken/♣Whole Grain Roll ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Baked Beans ★□Spinach Salad ★Trimmings ★Banana ★Garnished Sliced Peaches Dessert: Jell-O /Toppings	****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 ★Trimmings ★Fresh Fruit Cup ★Pineapple Tidbits w garnish Dessert: Oatmeal Cookie
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
	****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	****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	****Choice of One Corndog Nuggets/♣Whole Grain Mac & Cheese ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Green Beans ★Black eye Peas ★Trimmings ★Banana ★Garnished Pear Halves Dessert: Cake w/ Icing	****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
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
****Choice of One Spicy Chicken on ♣Bun Mexican Taco/♣Br. Rice Bowl ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★Corn ★Refried Beans ★Trimmings ★Oranges w/ garnish ★Mixed Fruit Dessert: Southern Mud	****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	****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	****Choice of One Loaded Potato w/♣Ch. Toast on Whole Grain ♣American Deli w/Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★□Broccoli & Cheese ★□Tossed Salad ★Trimmings ★Banana ★Applesauce w/glaze Dessert: Peanut butter Fluff	****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 ★Trimmings ★Apple Wedges w/dip ★Garnished Pears Dessert: Brownie

