

September 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

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
<i>Breakfast Meal Prices</i> Full Paid \$1.50 Reduced \$.30 Adult \$1.75		<i>Lunch Meal Prices</i> 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-Sept 1	Wednesday-Sept 2	Thursday-Sept 3	Friday-Sept 4
	****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 ★□Ossed Salad ★Apple Wedges/Yogurt Dip ★Mixed Fruit Dessert: CC Cookies	****Choice of One Stromboli Chicken & Dumplings w/ ♣Whole Grain Roll ♣Chef Salad Fruit/Yogurt Salad Choice of Two ★□Lam Patty ★□Veggies & Dip ★Garnished Pineapple Tidbits ★Fresh Fruit Dessert: Jell-O w/ Topping	****Choice of One Cheesy Chicken/Rice w/ ♣Whole Grain Roll ♣American Deli w/ Sun Chips ♣Chef Salad ♣Mandarin Chicken Salad Choice of Two ★Mixed Vegetables ★□Roccoli Salad ★Banana ★Garnished Sliced Peaches Dessert: Fruit Crisp/Cobbler	****Choice of One Veg/Beef Soup w/PB & J or Chick. Noodle w/ ♣Gr. Cheese ♣Flatbread Sandwich ♣Chef Salad Chick/ Tuna on Bun w/ Baked Chips Choice of Two ★Ranch Baked Potatoes ★Corn ★Fresh Oranges ★Garnished Pear Halves Dessert: Cake w/Icing
Sept 7	Sept 8	Sept 9	Sept 10	Sept 11
Labor Day	****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 ★□Ossed 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
Sept 14	Sept 15	Sept 16	Sept 17	Sept 18
****Choice of One Pizza Beef Taco/Cheese ♣W/W TORTILLA ♣Chef Salad ♣Grilled Chicken Caesar Choice of Two ★□Refried Beans ★Corn ★Trimmings ★Garnished Orange Wedges ★Mixed Fruit Dessert: Peanut Butter Bar	****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 ★□Ossed 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 ★resh 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
Sept 21	Sept 22	Sept 23	Sept 24	Sept 25
****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 ★□Roccoli & Cheese ★□Ossed 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
Sept 28	Sept 29	Sept 30		
****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	****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 ★□Ossed Salad ★Apple Wedges/Yogurt Dip ★Mixed Fruit Dessert: CC Cookies	****Choice of One Stromboli Chicken & Dumplings w/ ♣Whole Grain Roll ♣Chef Salad Fruit/Yogurt Salad Choice of Two ★□Lam Patty ★□Veggies & Dip ★Garnished Pineapple Tidbits ★Fresh Fruit Dessert: Jell-O w/ Topping		

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