

March 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

*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 WHEAT ★FR/VEG ☑DARK OR/GREEN/VEG ♣Legumes	<p><i>Breakfast Meal Prices</i> Full Paid \$1.50 Reduced \$.40 Adult \$1.75</p> <p><i>Lunch Meal Prices</i> Full Paid \$ 2.25 Reduced \$.40 Adult \$ 3.00</p> <p><i>Option: ALL Meals can have the whole wheat bread of the day</i></p> <p><i>Fruit and Vegetable Choices are subject to change due to seasonal prices and USDA shipments</i> <i>Choice of 4 oz. 100% Assorted Juice Daily</i> <i>Choice of 1% White, Chocolate or skim milk offered daily.</i></p> <p>ALL Salads are served with 1 oz whole grain croutons</p>				

LUNCH MENU

Monday-Mar 1	Tuesday-Mar 2	Wednesday-Mar 3	Thursday-Mar 4	Friday-Mar 5
<p>****Choice of One</p> <p>Stuffed Crust Pizza</p> <p>♣Red Beans & ♣Br. Rice w/ ♣Whole Wheat 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</p> <p>MAC & CHEESE</p> <p>Beef-a-roni w/ ♣Whole Wheat 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 Wheat Roll</p> <p>♣Chef Salad</p> <p>Fruit/Yogurt Salad</p> <p>Choice of Two</p> <p>★☑Yam Patty</p> <p>★☑Veggies & Dip</p> <p>★Garnished Pineapple Tidbits</p> <p>★Grapes</p> <p>Dessert: Jell-O w/ Topping</p>	<p>****Choice of One</p> <p>Cheesy Chicken/Rice w/ ♣Whole Wheat 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 Wheat Bun</p> <p>Sun 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>
<p>Mar 8</p> <p>****Choice of One</p> <p>Cheese Burger on ♣ Wheat 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>★Trimmings</p> <p>★Garnished Apple/Orange Wedges</p> <p>★Mixed Fruit</p> <p>Dessert: ♣Whole Grain Cinnamon</p>	<p>Mar 9</p> <p>****Choice of One</p> <p>Chicken Tenders or Shepherd's Pie w/ ♣Whole Wheat 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>★Plums</p> <p>★Garnished Pear Halves</p> <p>Dessert: CC Cookie</p>	<p>Mar 10</p> <p>****Choice of One</p> <p>*Nacho Grande or Grilled Chicken/ ♣Wheat Bun</p> <p>♣Spanish Br. Rice</p> <p>♣Whole Wheat Roll</p> <p>♣Chef Salad</p> <p>Fruit/Yogurt Salad</p> <p>Choice of Two</p> <p>★Corn</p> <p>★♣Refried Beans</p> <p>★Trimmings</p> <p>★Garnished Applesauce</p> <p>★Grapes</p> <p>Dessert: Peanut Butter Dessert</p>	<p>Mar 11</p> <p>****Choice of One</p> <p>BBQ Chicken/ ♣Whole Wheat 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>★Trimmings</p> <p>★Banana</p> <p>★Garnished Sliced Peaches</p> <p>Dessert: Jell-O /Toppings</p>	<p>Mar 12</p> <p>****Choice of One</p> <p>Meat sauce & ♣Pasta w/ ♣Whole Wheat Roll</p> <p>Baked Fish on ♣Bun</p> <p>♣Chef Salad</p> <p>♣Chick/ Tuna on Wheat Bun/ Baked Chips</p> <p>Choice of Two</p> <p>★Sweet Peas</p> <p>★☑Veggies & Dip</p> <p>★Trimmings</p> <p>★Fresh Fruit Cup</p> <p>★Pineapple Tidbits w garnish</p> <p>Dessert: Oatmeal Cookie</p>
<p>Mar 15</p> <p>Spring Break</p> 	<p>Mar 16</p> <p>Spring Break</p> 	<p>Mar 17</p> <p>Spring Break</p> 	<p>Mar 18</p> <p>Spring Break</p> 	<p>Mar 19</p> <p>Spring Break</p> 
<p>Mar 22</p> <p>****Choice of One</p> <p>Pizza on Whole Wheat</p> <p>Beef Taco/Cheese</p> <p>♣W/W TORTILLA</p> <p>♣Chef Salad</p> <p>♣Grilled Chicken Caesar</p> <p>Choice of Two</p> <p>★♣Refried Beans</p> <p>★Corn</p> <p>★Trimmings</p> <p>★Garnished Orange Wedges</p> <p>★Mixed Fruit</p> <p>Dessert: Peanut Butter Bar</p>	<p>Mar 23</p> <p>****Choice of One</p> <p>Hot Dogs W/ Chili or Sloppy Joe on ♣Bun</p> <p>Chicken Gumbo</p> <p>♣Rice/Crackers</p> <p>♣Whole Wheat Roll</p> <p>♣Chef Salad</p> <p>Veggie/Cheese Wrap w/Sun chips</p> <p>Choice of Two</p> <p>★☑Tossed Salad</p> <p>★♣Baked Beans</p> <p>★Apple Wedges w/ Dip</p> <p>★Garnished Sliced Peaches</p> <p>Dessert: Oatmeal Cookie</p>	<p>Mar 24</p> <p>****Choice of One</p> <p>Cheesy Chicken/Rice w/ ♣Whole Wheat Roll</p> <p>BBQ on ♣Wheat 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>Mar 25</p> <p>****Choice of One</p> <p>Corndog Nuggets</p> <p>Mac & Cheese</p> <p>♣Whole Wheat Roll</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>★Trimmings</p> <p>★Banana</p> <p>★Garnished Pear Halves</p> <p>Dessert: Cake w/ Icing</p>	<p>Mar 26</p> <p>****Choice of One</p> <p>Chili/Cheese Fritos w/chips</p> <p>♣Whole Wheat Roll</p> <p>Ham & Cheese W/W ♣Bagel</p> <p>♣Chef Salad</p> <p>Chick/ Tuna on Bun w/ Sun Chips</p> <p>Choice of Two</p> <p>★Corn</p> <p>★☑Spinach Salad</p> <p>★Grapes</p> <p>★Applesauce w/glaze</p> <p>Dessert: Banana Pudding</p>
<p>Mar 29</p> <p>****Choice of One</p> <p>Spicy Chicken on ♣Wheat 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>★Trimmings</p> <p>★Oranges w/ garnish</p> <p>★Mixed Fruit</p>	<p>Mar 30</p> <p>****Choice of One</p> <p>Chicken Nuggets w/ ♣Whole Wheat Roll</p> <p>Sloppy Joe on ♣Wheat 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>★Plums</p>	<p>Mar 31</p> <p>****Choice of One</p> <p>Student Choice</p> <p>Adult Choice</p> <p>♣Whole Wheat Roll 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>		