



# BREAKFAST



Jan 8, Jan 22, Feb 5, Feb 19, Mar 5, Mar 26, Apr 9, Apr 23, May 7, May 21 (mgr choice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit & Sausage or Chocolate Mini Donuts Orange Wedges, Juice, Milk	Breakfast Pizza or Powdered Mini Donuts, Banana, Juice, Milk	Egg, Sausage, & Cheese Ciabatta Sandwich or Yo-gurt Parfait, Wa-termelon (seasonal), Juice, Milk	Honey Glazed Do-nut Holes or Egg, Sausage, & Cheese Croissant, Apple Slices, Juice, Milk	French Toast Sticks or Mini Pancakes w/little smokies, Grapes, Juice, Milk

Jan 15, Jan 29, Feb 12, Feb 26, Mar 19, Apr 2, Apr 16, Apr 30, May 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey Glazed Do-nut Holes or Jim-my Dean Break-fast Bites, Pineap-ple Tidbits, Juice, Milk	Breakfast Pizza or Cinna Minis, Apple Slices, Juice, Milk	Egg, Bacon, & Toast or Ham & Cheese Kolache, Mandarin Orang-es, Juice, Milk	Ham, Egg, & Cheese Breakfast Casserole or Dutch Waffle, Grapes, Juice, Milk	Egg, Sausage, & Cheese Biscuit or Breakfast on a Bun, Applesauce (variety), Juice, Milk

## BREAKFAST CART MENU

Cereal Pouch & Grahams, Powdered Sugar Mini Donuts, Chocolate Mini Donuts, Yo-gurt Parfaits, PopTarts, Cereal Bars & Grahams, Breakfast Sandwich, Coffee, Milk, Juice, Fruit of the day

Items may vary daily, depending on availability

# LUNCH

**Grains**  
We must serve 2 whole grains each day and 10-12 each week.

**Protein**  
We must serve 2 oz meat or other protein each day and 10-12 oz over the week.

**Dairy**  
1 cup of fluid milk must be offered each day.

**Fruits**  
We serve 1 cup per day and 5 cups per week. Each serving is a 1/2 cup portions., Choose 2.

**Vegetables**  
We serve 1 cup per day and 5 cups per week. Each serving is 1/2 cup. Choose 2 servings. We also serve 1/2 c Dark leafy greens, 1.25 cups Red/Orange, 1/2 cup legumes, 1/2 cup Starchy, 3/4 cup other and 1.5 cups additional vegetables per week.

Students are required to choose at least 1/2 cup fruit or vegetable and 2 full components.



# Lunch Menus

**\$2.50**  
for  
Lunch

WEEK 1—Jan 8, Jan 22, Feb 5, Feb 19, Mar 5, Mar 26, Apr 9, Apr 23, May 7, May 21 (mgr choice)

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American/ Plaza Line	<u>Breakfast for Lunch!</u> Scrambled Eggs, Bacon, Biscuits, Hash-browns, Salsa	Pulled Pork Sandwich, Corn, Baked Beans, Cookie	Chicken Spaghetti, Hot Roll, Romaine Salad, Baby Carrots	Mandarin Orange Chicken, Chow Mein Noodles, Egg Roll, Asian Veggies, Baby Carrots, Fortune Cookie	Popcorn Shrimp, Hot Roll, Potatoes, Grape Tomatoes
South of the Border	Tornados w/Nacho Cheese, Baked Tostitos Scoops w/Salsa, Sriracha Beans	Frito Pie, Peas & Carrots, Romaine Salad	Chicken Spaghetti, Hot Roll, Romaine Salad, Corn	Cheese Enchiladas & Tamale, Spanish Rice, Refried Beans, Salsa	Tamale & Soft Taco, Baked Tostitos Scoops w/Salsa, Romaine Salad
A Taste of Italy	Tony's Big Daddy Pizza: Cheese, Pepperoni, or Buffalo Chicken Marinara DipCup, Green Beans	Tony's Big Daddy Pizza: Cheese or Pepperoni, Romaine Salad, Corn	Tony's Big Daddy Pizza: Cheese, Pepperoni, or Buffalo Chicken, Baked Scoops & Red Pepper Hummus, Baby Carrots	Tony's Big Daddy Pizza: Cheese or Pepperoni, Marinara DipCup, Romaine Salad	Tony's Big Daddy Pizza: Cheese, Pepperoni, or Buffalo Chicken Green Beans, Corn
Deli	Chicken Sandwich, Baby Carrots, Curly Fries	Cheeseburger, Potato Wedges, Celery Sticks, Grape Tomatoes	Lasagna, Garlic Toast, Romaine Salad, Corn	Spicy Chicken Sandwich, Sweet Potato Fries, Sriracha Beans	Bacon Cheeseburger, Fries, Onion Rings

WEEK 2—Jan 15, Jan 29, Feb 12, Feb 26, Mar 19, Apr 2, Apr 16, Apr 30, May 14

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American/ Plaza Line	General Tso's Chicken, Chow Mein Noodles, Egg Roll, Asian Veggies, Baby Carrots	Rotini Pasta w/ Meatballs & Marinara, Garlic Toast, Corn, Green Beans	Nachos: Beef or Pulled Pork, Romaine Lettuce, Salsa DipCup	Boneless Wings, Hot Roll, Mashed Potatoes w/gravy Pinto Beans	Nachos: Beef or Pulled Pork, Romaine Lettuce, Baby Carrots w/ranch
South of the Border	Crispitos, Baked Tostitos Scoops, Salsa, Sriracha Beans	Street Tacos (pulled pork), Baked Tostitos Scoops, Salsa, Romaine Salad	Nachos: Beef or Pulled Pork, Romaine Lettuce, Pinto Beans	Tornados w/Nacho Cheese, Spanish Rice, Refried Beans, Salsa	Taco Stick, Baked Tostitos Scoops, Salsa, Corn
A Taste of Italy	Tony's Big Daddy Pizza: Cheese, Pepperoni, or Buffalo Chicken, Green Beans, Marinara	Tony's Big Daddy Pizza: Cheese or Pepperoni, Romaine Salad, Corn	Tony's Big Daddy Pizza: Cheese, Pepperoni, or Buffalo Chicken, Baked Scoops w/Hummus, Baby Carrots	Tony's Big Daddy Pizza: Cheese or Pepperoni, Romaine Salad, Marinara Dip Cup	Tony's Big Daddy Pizza: Cheese, Pepperoni, or Buffalo Chicken, Corn, Green Beans
Deli	Chicken & Waffles, Curly Fries, Baby Carrots	Bacon Cheeseburger, Potato Wedges, Romaine Lettuce	Boneless Wings, Hot Roll, Pinto Beans, Sweet Potato Fries	Frito Pie, Steamed Broccoli, Grape Tomatoes	Chili Cheese Dog, Fries, Onion Rings

Assorted Fruits and Vegetables are Served Daily, Plain 1% Milk, Flavored Chocolate, Strawberry, (Soy Milk and Lactose Free Milk upon written request. For information, call 936-634-7054)

## SACK LUNCH LINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Peanut Butter & Jelly Sandwich	Ham & Cheese Sub	Turkey & Bacon Sandwich	Lunchable	Yogurt Parfait
Peanut Butter & Jelly Sandwich	Ham & Cheese Sub	Turkey & Bacon Sandwich	Lunchable	Yogurt Parfait



# Snack Bar

**WEEK 1-** Jan 8, Jan 22, Feb 5, Feb 19, Mar 5, Mar 26, Apr 9, Apr 23, May 7, May 21 (mgr choice)

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich	⇒ Fried Cheese Sticks	⇒ Chicken & Waffles	⇒ Popcorn Shrimp	⇒ Crispito & Tamales
⇒ Bacon Cheese-burger	⇒ Popcorn Chicken	⇒ Boneless Wings & Hot Roll	⇒ Catfish	⇒ Nachos, Beef or Pulled Pork
⇒ Pulled Pork Sandwich	⇒ Mini Corn Dogs		⇒ Popcorn Chicken w/Hot Roll	

**WEEK 2**—Jan 15, Jan 29, Feb 12, Feb 26, Mar 19, Apr 2, Apr 16, Apr 30, May 14

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich	⇒ Fried Cheese Sticks	⇒ Chicken & Waffles	⇒ Popcorn Shrimp	⇒ Pizza Sticks w/ marinara
⇒ Bacon Cheese-burger	⇒ Mini Corn Dogs	⇒ Boneless Wings & Hot Roll	⇒ Catfish	⇒ Popcorn Chicken w/Hot Roll
⇒ Pulled Pork Sandwich		⇒ Cheeseburger	⇒ Nachos (Beef or Pulled Pork)	
		⇒ Meatloaf on Bun		



MEAL PRICES	
Student Breakfast	Free
Adult Breakfast	\$2.35
Student Lunch	\$2.50
Adult Lunch	\$3.50

BEVERAGES		SMART SNACKS			
Water, 16 fl oz	\$1.00	Cereal Bars & Pouches	\$0.50	ZeeZee's Bar	\$0.50
Aspire/Gatorade	\$1.00	Pop Tarts-1 pk	\$0.50	Cheese Cubes/Sticks	\$0.50
Fruit 66	\$1.00	Pudding Cup	\$0.50	Go-Gurt/Yogurt	\$0.50
V8 Fusion	\$1.50	Ice cream	\$1.00	Rice Krispy Treats	\$0.50
Switch	\$1.00	Chips, 1 oz or less	\$0.50	Jerky Stick	\$0.50
Naked Juice	\$2.00	Chips, 1 oz or more	\$0.75	Jack Links Nuggets	\$1.50
Red Diamond Tea	\$1.00	Goldfish/Grahams	\$0.35	Fruit Snacks/Roll Ups	\$0.50
Snapple	\$1.00	Cookies	\$0.50		

**LHS Cafeteria Managers:** Phone: 936-632-7699

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