

**BREAKFAST**

**MAY/JUNE 2023**

All Schools

Meal Prices  
 Adult \$2.10  
 Students Free

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast Sandwich 1**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Pillsbury Pancakes 2**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Dutch Waffle 3**  
 or  
 choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Breakfast Pizza 4**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**French Toast Sticks 5**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Breakfast Burrito 8**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Pillsbury Pancakes 9**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Breakfast Pizza 10**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**French Toast Sticks 11**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Breakfast Sandwich 12**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Cheddar Cheese Omelet 15**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**No School 16**  


**Pancake on a Stick 17**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Cheese Stick and Muffin 18**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Breakfast Pizza 19**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Breakfast Sandwich 22**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Pillsbury Pancakes 23**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Dutch Waffle 24**  
 or  
 choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**Breakfast Pizza 25**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**French Toast Sticks 26**  
 or  
 Choice of Cereal  
 Choice of fresh fruit or Juice  
 Choice of Milk

**No School 29**  


**30**  
 Manager's Choice

**31**  
 Manager's Choice

**1**  
 Manager's Choice

**2**  
 Manager's Choice

Additional choices offered daily may include:  
 Fresh Fruit, Yogurt, Pop-tarts, Doughnuts, Muffins, Cereal, Cereal Bars, and Juice

**Meal Pattern Requirements**  
 1 oz. Grain or 1 oz. or Meat/Meat Alternate  
 1 cup Fruit or Vegetable  
 8 Fluid ounces Milk

### Monday

**Chicken Patty** 1  
Curly Fries  
Baked Beans  
Choice of Fruit and Veggies  
Choice of Milk

**Mustang Cheeseburger** 8  
French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Popcorn chicken Bowl** 15  
(mashed potatoes, corn, gravy)  
Baked Beans  
Fruit and Veggies  
Choice of Milk

**Manager's Choice** 22

**No School** 29



### Tuesday

**General Tso's Chicken** 2  
Steamed Rice,  
Steamed Broccoli  
Fresh Fruit and Veggies  
Choice of Milk

**Orange Chicken** 9  
Steamed Rice  
Steamed Broccoli  
Fresh Fruit and Veggies  
Choice of Milk

**No School** 16



**Manager's Choice** 23

**Manager's Choice** 30

### Wednesday

**BBQ Pulled Pork** 3  
Dinner Roll  
Mixed Fruit  
Choice of Veggies  
Choice of Milk

**Spaghetti and Meatballs** 10  
Garlic Breadstick  
Green Beans, Fresh Apple  
Choice of Milk

**Chicken Sandwich** 17  
French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Manager's Choice** 24

**Manager's Choice** 31

### Thursday

**Super Pretzel and Chicken Nuggets** 4  
Cheese Sauce  
Fruit and Veggies  
Choice of Milk

**Berks Double Dogs** 11  
Tater Tots, Baked Beans  
Fresh Fruit and Veggies  
Choice of Milk

**Toasted Grilled Cheese** 18  
Tomato Soup, Sun Chips  
Fresh Fruit and Veggies,  
Choice of Milk

**Manager's Choice** 25

**Manager's Choice** 1

### Friday

**Nacho Grande** 5  
(Meat, Cheese and Salsa)  
Refried Beans/ Steamed Corn  
Apple Slices  
Choice of Milk

**Nacho Grande** 12  
(Meat, Cheese and Salsa)  
Refried Beans/ Steamed Corn  
Apple Slices  
Choice of Milk

**Walking Taco** 19  
Steamed Corn  
Black Beans  
Fresh Banana  
White Milk

**Manager's Choice** 26

**Manager's Choice** 2

#### High School Daily Lunch Meal Minimum Requirements

Meat/Meat Alternate—2 oz. Vegetables—1 cup Fruits—1 cup

We are currently hiring substitutes for all positions including: teaching, aides, secretaries, café, custodial, and maintenance departments. Contact Kim Pegg at 724-437-2821 or visit us online at [www.lhsd.org](http://www.lhsd.org).  
**Laurel Highlands School District is an E.O.E.**

#### Middle School Daily Lunch Meal Minimum Requirements

Meat/Meat Alternate—1 oz. Vegetables—3/4 cup Fruits—1/2 cup Grains—1 oz. Milk—1 cup