

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**Breakfast Burrito**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**6**
**Pillsbury Pancakes**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**7**
**Dutch Waffle**

or  
choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**1**
**Breakfast Pizza**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**2**
**French Toast Sticks**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**3**
**Cheddar Cheese Omelet**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**13**
**Breakfast Sandwich**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**14**
**Pancake on a Stick**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**15**
**Cheese Stick and Muffin**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**16**
**Breakfast Pizza**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**17**
**Breakfast Sandwich**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**20**
**Pillsbury Pancakes**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**21**
**Dutch Waffle**

or  
choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**22**
**Breakfast Pizza**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**23**
**French Toast Sticks**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**24**
**Breakfast Burrito**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**27**
**Pillsbury Pancakes**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**28**
**Breakfast Pizza**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**29**
**French Toast Sticks**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**30**
**Breakfast Sandwich**

or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**31**

Meal Pattern Requirements

1 oz. Grain or 1 oz. or Meat/Meat Alternate

1 cup Fruit or Vegetable

8 Fluid ounces Milk

Additional choices offered daily may include:

Fresh Fruit, Yogurt, Pop-tarts, Doughnuts, Muffins, Cereal, Cereal Bars,  
and Juice

**Monday**
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**Friday**

**Tyson Chicken Drumsticks**

Buttered Egg Noodles  
Peas and Carrots  
Choice of Milk


**General Tso's Chicken**

Steamed Rice,  
Steamed Broccoli  
Fresh Fruit and Veggies  
Choice of Milk



**Tyson Chicken Tenders**  
French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Meatball Hoagie**

French Fries  
Green Beans  
Fresh Fruit and Veggies  
Choice of Milk

**Grilled Chicken Sandwich**  
Mashed Potatoes w/gravy  
Gr. Beans, Mixed Fruit  
Choice of Milk and Juice

**Creamed Turkey and Biscuits**

Mashed Potatoes w/gravy  
Green Beans, Fresh Fruit  
Choice of Milk

**Crunchy Beef Taco**  
Steamed Corn  
Refried Beans  
Apple Sauce  
White Milk

**BBQ Chicken Quesadilla**

Salsa, Sour Cream  
Tortilla Soup  
Fresh Fruit and Veggies,  
Choice of Milk

**Baked Italian Hoagie**  
French Fries, Green Beans  
Fresh Fruit and Veggies  
Choice of Milk

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

**Bacon Cheeseburger**  
French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Tyson Popcorn Chicken**  
Soft Pretzel with cheese  
Fresh Fruit and Veggies  
Choice of Milk

**Soft Beef Taco**  
Steamed Corn  
Refried Beans  
Apple Sauce  
White Milk

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

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

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

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

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

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

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

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

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

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

### 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.lhdsd.org](http://www.lhdsd.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

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Additional Daily Lunch Choices: Sunflower Seed Butter and Jelly, Grilled Cheese, Yo-On-The-Go  
Additional Daily Fruit & Vegetable Choices  
May Include: Apples, Oranges, Pears, Bananas, Applesauce, Peaches, Mixed Fruit, Pineapple, Fruit Jell-O,  
Fruit Juices, Tossed Salad, Coleslaw, Carrots, Celery, Cucumber Slices, Cherry Tomatoes, Cauliflower

**Mustang  
Cheeseburger**  
French Fries  
Fresh Fruits and Veggies  
Choice of Milk

**Roasted Pork and Gravy**  
Mashed Potatoes  
Green Beans  
Fresh Apple  
Choice of Milk

**Italian Hoagie Rounder**  
Sun Chips  
Fresh Fruits and Veggies  
Choice of Milk

**Macho Nacho Grande**  
Mexican Fiesta Rice  
Mixed Fruit  
Choice of Milk

**Stuffed Crust Pizza**  
Romaine Salad  
Fresh Banana  
Choice of Milk

**Bacon  
Cheeseburger**  
French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Chicken Tenders**  
McCain French Fries  
Fresh Fruits and Veggies  
Choice of Milk

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

**Macho Nacho Grande**  
Mexican Fiesta Rice  
Mixed Fruit  
Choice of Milk

**Big Daddy's Pizza**  
Steamed Broccoli  
Orange Slices  
Choice of Milk

**Tyson Popcorn Chicken**  
Dinner Roll  
French Fries  
Fruit and Veggies  
Choice of Milk

**State Fair Mini Corn Dog**  
Steamed Broccoli and  
Carrots  
Fresh Fruit  
Choice of Milk

**Toasted Grilled Cheese**  
Tomato Soup  
Fresh Fruit and Veggies  
Choice of Milk

**Macho Nacho Grande**  
Mexican Fiesta Rice  
Mixed Fruit  
Choice of Milk

**Stuffed Crust Pizza**  
Romaine Salad  
Fresh Banana  
Choice of Milk

**Chicken Patty**  
WG Bun,  
Tater tots  
Buttered Corn  
Mixed Fruit Cocktail  
Choice of Milk

**Brunch for Lunch**  
Pancakes, Sausage Patty  
Ore Ida Hash Brown  
Choice of Juice  
Choice of Milk

**Tyson Chicken Nuggets**  
Dinner Roll  
Mashed Potatoes  
Veggies and Fruit  
Choice of Milk

**Macho Nacho Grande**  
Mexican Fiesta Rice  
Mixed Fruit  
Choice of Milk

**Big Daddy's Pizza**  
Steamed Broccoli  
Orange Slices  
Choice of Milk

**Elementary Daily Lunch Meal Minimum Requirements**

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

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