

**BREAKFAST****AUGUST/SEPTEMBER 2022**

[All Schools]

Meal Prices
Adult \$2.10
Students Free**Monday**

Cheddar Cheese Omelet 29

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

No School 5

Breakfast Burrito 12

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Cheddar Cheese Omelet 19

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Breakfast Sandwich 26

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Tuesday

Breakfast Sandwich 30

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Pillsbury Pancakes 6

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Pillsbury Pancakes 13

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Breakfast Sandwich 20

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Pillsbury Pancakes 27

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Wednesday

Pancake on a Stick 31

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Dutch Waffle 7

or

choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Breakfast Pizza 14

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Pancake on a Stick 21

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Dutch Waffle 28

or

choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Thursday

Cheese Stick and Muffin 1

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Breakfast Pizza 8

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

French Toast Sticks 15

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Cheese Stick and Muffin 22

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Breakfast Pizza 29

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Friday

Breakfast Pizza 2

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

French Toast Sticks 9

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Breakfast Sandwich 16

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

Breakfast Pizza 23

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

French Toast Sticks 30

or

Choice of Cereal

Choice of fresh fruit or Juice

Choice of Milk

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



SEPTEMBER 2022

[Elementary]

Meal Prices
Adults \$4.05
Students Free

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon 29 Cheeseburger French Fries Fresh Fruit and Veggies Choice of Milk	Chicken Tenders 30 McCain French Fries Fresh Fruits and Veggies Choice of Milk	Spaghetti and Meatballs 31 Garlic Breadstick Green Beans Fresh Apple Choice of Milk	Macho Nacho Grande 1 Mexican Fiesta Rice Mixed Fruit Choice of Milk	Big Daddy's Pizza 2 Steamed Broccoli Orange Slices Choice of Milk
No School 5 	State Fair Mini Corn Dog 6 Steamed Broccoli and Carrots Fresh Fruit Choice of Milk	Orange Chicken 7 Steamed Rice Steamed Broccoli Fresh Fruit and Veggies Choice of Milk	Macho Nacho Grande 8 Mexican Fiesta Rice Mixed Fruit Choice of Milk	Stuffed Crust Pizza 9 Romaine Salad Fresh Banana Choice of Milk
Chicken Patty 12 WG Bun, Tater tots Buttered Corn Mixed Fruit Cocktail Choice of Milk	Brunch for Lunch 13 Pancakes, Sausage Patty Ore Ida Hash Brown Choice of Juice Choice of Milk	Italian Hoagie Rounder 14 Sun Chips Fresh Fruits and Veggies Choice of Milk	Macho Nacho Grande 15 Mexican Fiesta Rice Mixed Fruit Choice of Milk	Big Daddy's Pizza 16 Steamed Broccoli Orange Slices Choice of Milk
Super Pretzel w/Cheese & Tyson Chicken Nuggets 19 Celery Sticks Apple Sauce Choice of Milk and Juice	Creamed Chicken and Biscuit 20 Mashed Potatoes Diced Peaches, veggie Choice of Milk	Mustang Cheeseburger 21 French Fries Fresh Fruits and Veggies Choice of Milk	Macho Nacho Grande 22 Mexican Fiesta Rice Mixed Fruit Choice of Milk	Stuffed Crust Pizza 23 Romaine Salad Fresh Banana Choice of Milk
Mustang Cheeseburger 26 French Fries Fresh Fruits and Veggies Choice of Milk	Roasted Pork and Gravy 27 Mashed Potatoes Green Beans Fresh Apple Choice of Milk	Spaghetti and Meatballs 28 Garlic Breadstick Green Beans Fresh Apple Choice of Milk	Macho Nacho Grande 29 Mexican Fiesta Rice Mixed Fruit Choice of Milk	Big Daddy's Pizza 30 Steamed Broccoli Orange Slices Choice of Milk

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.
Laurel Highlands School District is an E.O.E.

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