

FEBRUARY 2023

Elementary

Meal Prices
Students Free
Adults \$4.05

Monday



Chicken Patty **6**
WG Bun,
Tater tots
Buttered Corn
Mixed Fruit Cocktail
Choice of Milk

Super Pretzel w/Cheese & Tyson Chicken Nuggets **13**
Celery Sticks
Apple Sauce
Choice of Milk and Juice

No School **20**


Hot dog **27**
Smiley Fires
Baked Beans
Mixed Fruit
Choice of Milk and Juice

Tuesday



Toasted Grilled Cheese **7**
Tomato Soup
Fresh Fruit and Veggies
Choice of Milk

Creamed Chicken and Biscuit **14**
Mashed Potatoes
Diced Peaches, veggie
Choice of Milk

Brunch for Lunch **21**
Pancakes, Sausage Patty
Ore Ida Hash Brown
Choice of Juice
Choice of Milk

Creamy Baked Mac & Cheese **28**
Broccoli or Carrots
Apples or bananas
Choice of Milk

Wednesday

Brunch for Lunch **1**
Pancakes, Sausage Patty
Ore Ida Hash Brown
Choice of Juice
Choice of Milk

Italian Hoagie Rounder **8**
Sun Chips
Fresh Fruits and Veggies
Choice of Milk

Mustang Cheeseburger **15**
French Fries
Fresh Fruits and Veggies
Choice of Milk

Spaghetti and Meatballs **22**
Garlic Breadstick
Green Beans
Fresh Apple
Choice of Milk

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

Thursday

Macho Nacho Grande **2**
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

Macho Nacho Grande **9**
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

Macho Nacho Grande **16**
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

Macho Nacho Grande **23**
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

Friday

Stuffed Crust Pizza **3**
Romaine Salad
Fresh Banana
Choice of Milk

Big Daddy's Pizza **10**
Steamed Broccoli
Orange Slices
Choice of Milk

Stuffed Crust Pizza **17**
Romaine Salad
Fresh Banana
Choice of Milk

Big Daddy's Pizza **24**
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

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

Monday



Chicken Patty **6**
Curly Fries
Baked Beans
Choice of Fruit and Veggies
Choice of Milk

Mustang Cheeseburger **13**
French Fries
Fresh Fruit and Veggies
Choice of Milk

No School **20**



Pizza Burger **27**
French Fries
Fresh Fruit and Veggies
Choice of Milk

Tuesday



General Tso's Chicken **7**
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Orange Chicken **14**
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

General Tso's Chicken **21**
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Orange Chicken **28**
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Wednesday

Bacon Cheeseburger **1**
French Fries
Fresh Fruit and Veggies
Choice of Milk

BBQ Pulled Pork **8**
Dinner Roll
Mixed Fruit
Choice of Veggies
Choice of Milk

Spaghetti and Meatballs **15**
Garlic Breadstick
Green Beans, Fresh Apple
Choice of Milk

Chicken Sandwich **22**
French Fries
Fresh Fruit and Veggies
Choice of Milk

High School Daily Lunch Meal Minimum Requirements
Meat/Meat Alternate—2 oz. Vegetables—
1 cup Fruits—1 cup
Grains—2 oz. Milk—1 cup

Thursday

Tyson Popcorn Chicken **2**
Soft Pretzel with cheese
Fresh Fruit and Veggies
Choice of Milk

Super Pretzel and Chicken Nuggets **9**
Cheese Sauce
Fruit and Veggies
Choice of Milk

Berks Double Dogs **16**
Tater Tots, Baked Beans
Fresh Fruit and Veggies
Choice of Milk

Toasted Grilled Cheese **23**
Tomato Soup, Sun Chips
Fresh Fruit and Veggies,
Choice of Milk

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

Friday

Soft Beef Taco **3**
Steamed Corn
Refried Beans
Apple Sauce
White Milk

Nacho Grande **10**
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

Nacho Grande **17**
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

Walking Taco **24**
Steamed Corn
Black Beans
Fresh Banana
White Milk

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Monday



Breakfast Sandwich 6
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Breakfast Burrito 13
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

No School 20


Breakfast Sandwich 27
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Tuesday



Pillsbury Pancakes 7
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Pillsbury Pancakes 14
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Breakfast Sandwich 21
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Pillsbury Pancakes 28
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Wednesday

Pancake on a Stick 1
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Dutch Waffle 8
 or
 choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Breakfast Pizza 15
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Pancake on a Stick 22
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Thursday

Cheese Stick and Muffin 2
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Breakfast Pizza 9
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

French Toast Sticks 16
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Cheese Stick and Muffin 23
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Friday

Breakfast Pizza 3
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

French Toast Sticks 10
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Breakfast Sandwich 17
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk

Breakfast Pizza 24
 or
 Choice of Cereal
 Choice of fresh fruit or Juice
 Choice of Milk



Meal Pattern Requirements
 1 oz. Grain or 1 oz. 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