

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

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

8

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

9

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

10

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

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Tyson Chicken Drumsticks 6
Buttered Egg Noodles
Peas and Carrots
Choice of Milk

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

Tyson Chicken Tenders 1
French Fries
Fresh Fruit and Veggies
Choice of Milk

Meatball Hoagie 8
French Fries
Green Beans
Fresh Fruit and Veggies
Choice of Milk

Grilled Chicken Sandwich 2
Mashed Potatoes w/gravy
Gr. Beans, Mixed Fruit
Choice of Milk and Juice

Creamed Turkey and Biscuits 9
Mashed Potatoes w/gravy
Green Beans, Fresh Fruit
Choice of Milk

Crunchy Beef Taco 3
Steamed Corn
Refried Beans
Apple Sauce
White Milk

BBQ Chicken Quesadilla 10
Salsa, Sour Cream
Tortilla Soup
Fresh Fruit and Veggies,
Choice of Milk

Baked Italian Hoagie 13
French Fries, Green Beans
Fresh Fruit and Veggies
Choice of Milk

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

Bacon Cheeseburger 15
French Fries
Fresh Fruit and Veggies
Choice of Milk

Tyson Popcorn Chicken 16
Soft Pretzel with cheese
Fresh Fruit and Veggies
Choice of Milk

Soft Beef Taco 17
Steamed Corn
Refried Beans
Apple Sauce
White Milk

Chicken Patty 20
Curly Fries
Baked Beans
Choice of Fruit and Veggies
Choice of Milk

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

BBQ Pulled Pork 22
Dinner Roll
Mixed Fruit
Choice of Veggies
Choice of Milk

Super Pretzel and Chicken Nuggets 23
Cheese Sauce
Fruit and Veggies
Choice of Milk

Nacho Grande 24
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

Mustang Cheeseburger 27
French Fries
Fresh Fruit and Veggies
Choice of Milk

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

Spaghetti and Meatballs 29
Garlic Breadstick
Green Beans, Fresh Apple
Choice of Milk

Berks Double Dogs 30
Tater Tots, Baked Beans
Fresh Fruit and Veggies
Choice of Milk

Nacho Grande 31
(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.
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