

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of: 3 Breakfast Sandwich or Mini Donuts Choice of Juice Choice of Milk	Choice of: 4 Pillsbury Pancakes or Cinnamon Roll/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 5 Dutch Waffle or Pop-Tart Choice of Juice Choice of Milk	Choice of: 6 Breakfast Pizza or Pop-Tart/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 7 French Toast Sticks or Donuts/Assorted Cereals Choice of Juice Choice of Milk
Choice of: 10 Breakfast Sandwich or Mini Donuts Choice of Juice Choice of Milk	Choice of: 11 Pillsbury Pancakes or Cinnamon Roll/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 12 Dutch Waffle or Pop-Tart Choice of Juice Choice of Milk	Choice of: 13 Breakfast Pizza or Pop-Tart/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 14 French Toast Sticks or Donuts/Assorted Cereals Choice of Juice Choice of Milk
No School 17 	Choice of: 18 Pillsbury Pancakes or Cinnamon Roll/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 19 Dutch Waffle or Pop-Tart Choice of Juice Choice of Milk	Choice of: 20 Breakfast Pizza or Pop-Tart/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 21 French Toast Sticks or Donuts/Assorted Cereals Choice of Juice Choice of Milk
Choice of: 24 Breakfast Sandwich or Mini Donuts Choice of Juice Choice of Milk	Choice of: 25 Pillsbury Pancakes or Cinnamon Roll/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 26 Dutch Waffle or Pop-Tart Choice of Juice Choice of Milk	Choice of: 27 Breakfast Pizza or Pop-Tart/Cereal/Donuts Choice of Juice Choice of Milk	Choice of: 28 French Toast Sticks or Donuts/Assorted Cereals Choice of Juice Choice of Milk
Choice of: 31 Breakfast Sandwich or Mini Donuts Choice of Juice Choice of Milk				

Meal Pattern Requirements

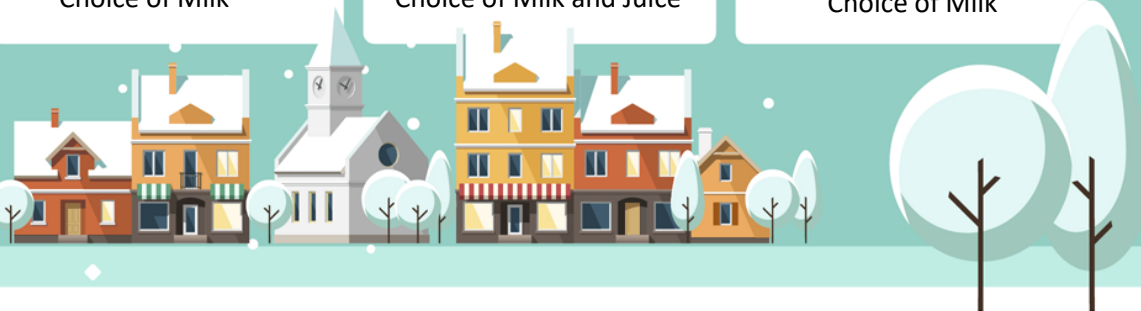
- 1 oz. Grain
- 1 oz. Meat/Meat Alternate if Grain
- .50 cup Fruit or Vegetable
- 8 Fluid ounces Milk

JANUARY 2022

[Secondary]

Meat/Meat Alternate—2 oz.
 1 cup Vegetables—1 cup Fruit
 1 cup Grains—2 oz. - 1 cup of Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Mustang Cheeseburger 3 French Fries Fresh Fruits and Veggies Choice of Milk	General Tso's Chicken 4 Steamed Rice, Steamed Broccoli Fresh Fruit and Veggies Choice of Milk	Chicken Nuggets 5 Dinner Roll Mashed Potatoes/Gravy Fresh Fruit and Veggie Choice of Milk	Chicken Quesadilla 6 Salsa, Sour Cream Tortilla Soup Fresh Fruit and Veggies Choice of Milk	Nacho Grande 7 (Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk
Grilled Cheese 10 Campbell's Tomato Soup Fresh Fruits Veggies Selection Choice of Milk	Orange Chicken 11 Steamed Rice Steamed Broccoli Fresh Fruit and Veggies Choice of Milk	BBQ Pulled Pork 12 Mac 'n Cheese WG Roll, Lima Beans Fresh Fruit and Veggies Choice of Milk	Philly Cheese Steaks 13 Oven Fries Carrot Sticks Apple Sauce Choice of Milk	Nacho Grande 14 (Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk
No School 17 	General Tso's Chicken 18 Steamed Rice, Steamed Broccoli Fresh Fruit and Veggies Choice of Milk	Baked Italian Hoagie 19 French Fries, Green Beans Fresh Fruit and Veggies Choice of Milk	Spaghetti and Meatballs 20 WG Bun, Romaine Salad Gr. Beans, Apple Slices Choice of Milk Choice of Juice	Nacho Grande 21 (Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk
Berks Double Dogs 24 Tater Tots, Baked Beans Fresh Fruit and Veggies Choice of Milk	Orange Chicken 25 Steamed Rice Steamed Broccoli Fresh Fruit and Veggies Choice of Milk	Spaghetti and Meatballs 26 Garlic Breadstick Green Beans Fresh Apple Choice of Milk	Baked Chicken 27 WG Bun Mashed Potatoes w/gravy Gr. Beans, Mixed Fruit Choice of Milk and Juice	Nacho Grande 28 (Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk
Chicken and Waffles 31 Golden Corn Fresh Fruit and Veggies 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.

Meal Prices: Student: Free Adult: \$3.50
 Assorted Pizza, Sandwiches, Wraps, and Salads are available daily.