

# JANUARY 2023

All Schools

Meal Prices  
Adult \$2.10  
Students Free

Monday

**No School** 2



**Winter Break**

**Cheddar Cheese** 9

**Omelet**

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

**No School** 16



**Breakfast Burrito** 23

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

**Cheddar Cheese** 30

**Omelet**

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

Tuesday

**Pillsbury Pancakes** 3

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

**Breakfast Sandwich** 10

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

**Pillsbury Pancakes** 17

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

**Pillsbury Pancakes** 24

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

**Breakfast Sandwich** 31

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

Wednesday

**Breakfast Pizza** 4

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

**Pancake on a Stick** 11

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

**Dutch Waffle** 18

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

**Breakfast Pizza** 25

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

Thursday

**French Toast Sticks** 5

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

**Cheese Stick and Muffin** 12

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

**Breakfast Pizza** 19

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

**French Toast Sticks** 26

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

Friday

**Breakfast Sandwich** 6

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

**Breakfast Pizza** 13

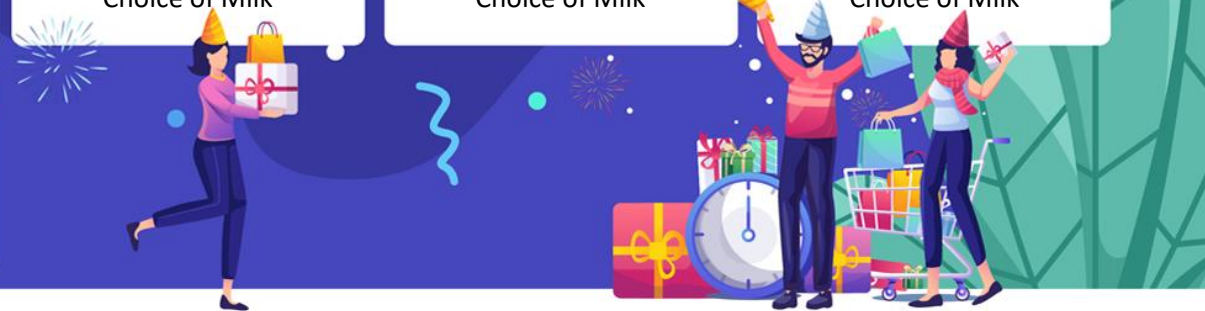
or  
Choice of Cereal  
Choice of fresh fruit or Juice  
Choice of Milk

**French Toast Sticks** 20

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

**Breakfast Sandwich** 27

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



Additional choices offered daily may include:  
Fresh Fruit, Yogurt, Pop-tarts, Doughnuts, Muffins,  
Cereal, Cereal Bars, and Juice

Meal Pattern Requirements  
1 oz. Grain or 1 oz. Meat/Meat Alternate  
1 cup Fruit or Vegetable  
8 Fluid ounces Milk

### Monday

**No School** 2



**Winter Break**

### Tuesday

**Orange Chicken** 3

Steamed Rice  
Steamed Broccoli  
Fresh Fruit and Veggies  
Choice of Milk

### Wednesday

**Spaghetti and Meatballs** 4

Garlic Breadstick  
Green Beans, Fresh Apple  
Choice of Milk

### Thursday

**Berks Double Dogs** 5

Tater Tots, Baked Beans  
Fresh Fruit and Veggies  
Choice of Milk

### Friday

**Nacho Grande** 6

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

**Popcorn chicken Bowl** 9

(mashed potatoes, corn, gravy)  
Baked Beans  
Fruit and Veggies  
Choice of Milk

**General Tso's Chicken** 10

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

**Chicken Sandwich** 11

French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Toasted Grilled Cheese** 12

Tomato Soup, Sun Chips  
Fresh Fruit and Veggies,  
Choice of Milk

**Walking Taco** 13

Steamed Corn  
Black Beans  
Fresh Banana  
White Milk

**No School** 16



**Orange Chicken** 17

Steamed Rice  
Steamed Broccoli  
Fresh Fruit and Veggies  
Choice of Milk

**Tyson Chicken Tenders** 18

French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Grilled Chicken Sandwich** 19

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

**Crunchy Beef Taco** 20

Steamed Corn  
Refried Beans  
Apple Sauce  
White Milk

**Tyson Chicken Drumsticks** 23

Buttered Egg Noodles  
Peas and Carrots  
Fresh Fruit and Veggies  
Choice of Milk

**General Tso's Chicken** 24

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

**Meatball Hoagie** 25

French Fries  
Green Beans  
Fresh Fruit and Veggies  
Choice of Milk

**Creamed Turkey and Biscuits** 26

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

**BBQ Chicken Quesadilla** 27

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

**Baked Italian Hoagie** 30

French Fries, Green Beans  
Fresh Fruit and Veggies  
Choice of Milk

**Orange Chicken** 31

Steamed Rice  
Steamed Broccoli  
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

### 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

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](http://www.lhsd.org).

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