

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

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

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.