

Monday

Tuesday

Wednesday

Thursday

Friday



<p>Breakfast Burrito 5 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Pillsbury Pancakes 6 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Pizza 7 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Pizza 1 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>French Toast Sticks 2 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>
<p>Cheddar Cheese Omelet 12 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Sandwich 13 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Pancake on a Stick 14 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>French Toast Sticks 8 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Sandwich 9 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>
<p>Breakfast Sandwich 19 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Pillsbury Pancakes 20 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Choice of 21 Cereal, Cereal Bar, Poptart, or Doughnuts Choice of fresh fruit or Juice Choice of Milk</p>	<p>Cheese Stick and Muffin 15 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Pizza 16 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>
<p>No School 26 Winter Break</p>	<p>No School 27 Winter Break</p>	<p>No School 28 Winter Break</p>	<p>No School 22 Winter Break</p>	<p>No School 23 Winter Break</p>
<p>No School 26 Winter Break</p>	<p>No School 27 Winter Break</p>	<p>No School 28 Winter Break</p>	<p>No School 29 Winter Break</p>	<p>No School 30 Winter Break</p>

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

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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

Macho Nacho Grande 1
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

Stuffed Crust Pizza 2
Romaine Salad
Fresh Banana
Choice of Milk

Bacon 5
Cheeseburger
French Fries
Fresh Fruit and Veggies
Choice of Milk

Chicken Tenders 6
McCain French Fries
Fresh Fruits and Veggies
Choice of Milk

Spaghetti and Meatballs 7
Garlic Breadstick
Green Beans, Fresh Apple
Choice of Milk

Macho Nacho Grande 8
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

Big Daddy's Pizza 9
Steamed Broccoli
Orange Slices
Choice of Milk

Tyson Popcorn Chicken 12
Dinner Roll
French Fries
Fruit and Veggies
Choice of Milk

State Fair Mini Corn Dog 13
Steamed Broccoli and Carrots
Fresh Fruit
Choice of Milk

Toasted Grilled Cheese 14
Tomato Soup, Fresh Fruit and Veggies, Choice of Milk

Macho Nacho Grande 15
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

Stuffed Crust Pizza 16
Romaine Salad
Fresh Banana
Choice of Milk

Chicken Patty 19
WG Bun, Tater tots
Buttered Corn
Mixed Fruit Cocktail
Choice of Milk

Italian Hoagie Rounder 20
Sun Chips
Fresh Fruits and Veggies
Choice of Milk

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

No School 22
Winter Break

No School 23
Winter Break

No School 26
Winter Break

No School 27
Winter Break

No School 28
Winter Break

No School 29
Winter Break

No School 30
Winter Break

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.