

Monday

Choice of: **2**
Breakfast Sandwich or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **9**
Breakfast Sandwich or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **16**
Breakfast Sandwich or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **23**
Breakfast Sandwich or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

No School **30**

MEMORIAL DAY

Tuesday

Choice of: **3**
Pillsbury Pancakes or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **10**
Pillsbury Pancakes or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **17**
Pillsbury Pancakes or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **24**
Pillsbury Pancakes or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **31**
Pillsbury Pancakes or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Wednesday

Choice of: **4**
Dutch Waffle/Pancakes
or choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **11**
Dutch Waffle/Pancakes
or choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **18**
Dutch Waffle/Pancakes
or choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **25**
Dutch Waffle/Pancakes
or choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **1**
Dutch Waffle/Pancakes
or choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Thursday

Choice of: **5**
Breakfast Pizza or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **12**
Breakfast Pizza or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **19**
Breakfast Pizza or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **26**
Breakfast Pizza or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **2**
Breakfast Pizza or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Friday

Choice of: **6**
French Toast Sticks or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk


Choice of: **13**
French Toast Sticks or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **20**
French Toast Sticks or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Choice of: **27**
French Toast Sticks or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

Meal Pattern Requirements

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

Monday	Tuesday	Wednesday	Thursday	Friday
Italian Hoagie Rounder 2 Sun Chips Fresh Fruits and Veggies Choice of Milk	Orange Chicken 3 Steamed Rice, Steamed Broccoli Fresh Fruit and Veggies, Choice of Milk	Tyson Chicken Tenders 4 French Fries Fresh Fruit/Veggies Choice of Milk	Spaghetti and Meatballs 5 Garlic Breadstick Green Beans Fresh Apple Choice of Milk	Nacho Grande 6 (Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices, Choice of Milk
Tyson Popcorn Chicken 9 Soft Pretzel with cheese Fresh Fruit and Veggies Choice of Milk	General Tso's Chicken 10 Steamed Rice, Steamed Broccoli Fresh Fruit and Veggies Choice of Milk	Mustang Cheeseburger 11 French Fries Fresh Fruits and Veggies Choice of Milk	Creamed Chicken and Biscuit 12 Mashed Potatoes Diced Peaches, veggie Choice of Milk	Nacho Grande 13 (Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices, Choice of Milk
Tyson Chicken Patty 16 French Fries Buttered Corn Mixed Fruit Cocktail Choice of Milk	17 No School	Spaghetti and Meatballs 18 Garlic Breadstick Green Beans Fresh Apple Choice of Milk	Tyson Chicken Tenders 19 French Fries Fresh Fruit/Veggies Choice of Milk	Nacho Grande 20 (Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices, Choice of Milk
23 Manager's Choice	24 Manager's Choice	25 Manager's Choice	26 Manager's Choice	27 Manager's Choice
No School 30 	31 Manager's Choice	1 Manager's Choice	2 Manager's Choice	

High School Daily Lunch Meal Minimum Requirements

Meat/Meat Alternate—2 oz. Vegetables—1 cup
 Fruits—1 cup Grains—2 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.

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