

Monday

Tuesday

Wednesday

Thursday

Friday



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

6

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

7

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

8

French Toast Sticks
or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

9

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

10

Cheddar Cheese Omelet
or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

13

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

14

Pancake on a Stick
or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

15

Cheese Stick and Muffin
or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

16

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

17

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

20

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

21

Dutch Waffle
or
choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

22

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

23

French Toast Sticks
or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

24

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

27

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

28

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

29

French Toast Sticks
or
Choice of Cereal
Choice of fresh fruit or Juice
Choice of Milk

30

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

31

Meal Pattern Requirements
1 oz. Grain or 1 oz. or 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

6
Mustang Cheeseburger
French Fries
Fresh Fruits and Veggies
Choice of Milk

7
Roasted Pork and Gravy
Mashed Potatoes
Green Beans
Fresh Apple
Choice of Milk

8
Italian Hoagie Rounder
Sun Chips
Fresh Fruits and Veggies
Choice of Milk

2
Macho Nacho Grande
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

3
Big Daddy's Pizza
Steamed Broccoli
Orange Slices
Choice of Milk

13
Bacon Cheeseburger
French Fries
Fresh Fruit and Veggies
Choice of Milk

14
Chicken Tenders
McCain French Fries
Fresh Fruits and Veggies
Choice of Milk

15
Spaghetti and Meatballs
Garlic Breadstick
Green Beans, Fresh Apple
Choice of Milk

9
Macho Nacho Grande
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

10
Stuffed Crust Pizza
Romaine Salad
Fresh Banana
Choice of Milk

16
Macho Nacho Grande
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

17
Big Daddy's Pizza
Steamed Broccoli
Orange Slices
Choice of Milk

20
Tyson Popcorn Chicken
Dinner Roll
French Fries
Fruit and Veggies
Choice of Milk

21
State Fair Mini Corn Dog
Steamed Broccoli and Carrots
Fresh Fruit
Choice of Milk

22
Toasted Grilled Cheese
Tomato Soup
Fresh Fruit and Veggies
Choice of Milk

23
Macho Nacho Grande
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

24
Stuffed Crust Pizza
Romaine Salad
Fresh Banana
Choice of Milk

27
Chicken Patty
WG Bun,
Tater tots
Buttered Corn
Mixed Fruit Cocktail
Choice of Milk

28
Brunch for Lunch
Pancakes, Sausage Patty
Ore Ida Hash Brown
Choice of Juice
Choice of Milk

29
Tyson Chicken Nuggets
Dinner Roll
Mashed Potatoes
Veggies and Fruit
Choice of Milk

30
Macho Nacho Grande
Mexican Fiesta Rice
Mixed Fruit
Choice of Milk

31
Big Daddy's Pizza
Steamed Broccoli
Orange Slices
Choice of Milk

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