

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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 7**  
**and Meatballs**  
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](http://www.lhsd.org).

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

**High School Daily Lunch Meal Minimum Requirements [Secondary]**  
Meat/Meat Alternate—2 oz. Vegetables—1 cup Fruits—1 cup  
Grains—2 oz. Milk—1 cup

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**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

**Toasted Grilled Cheese 1**

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

**Walking Taco 2**

Steamed Corn  
Black Beans  
Fresh Banana  
White Milk

**Pizza Burger 5**  
French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Orange Chicken 6**  
Steamed Rice  
Steamed Broccoli  
Fresh Fruit and Veggies  
Choice of Milk

**Tyson Chicken Tenders 7**  
French Fries  
Fresh Fruit and Veggies  
Choice of Milk

**Grilled Chicken Sandwich 8**  
Mashed Potatoes w/gravy  
Gr. Beans, Mixed Fruit  
Choice of Milk and Juice

**Crunchy Beef Taco 9**  
Steamed Corn  
Refried Beans  
Apple Sauce  
White Milk

**Tyson Chicken Drumsticks 12**  
Buttered Egg Noodles  
Peas and Carrots  
Fresh Fruit and Veggies  
Choice of Milk

**General Tso's Chicken 13**  
Steamed Rice,  
Steamed Broccoli  
Fresh Fruit and Veggies  
Choice of Milk

**Meatball Hoagie 14**  
French Fries  
Green Beans  
Fresh Fruit and Veggies  
Choice of Milk

**Creamed Turkey and Biscuits 15**  
Mashed Potatoes w/gravy  
Green Beans, Fresh Fruit  
Choice of Milk

**BBQ Chicken Quesadilla 16**  
Salsa, Sour Cream  
Tortilla Soup  
Fresh Fruit and Veggies,  
Choice of Milk

**Baked Italian Hoagie 19**  
French Fries, Green Beans  
Fresh Fruit and Veggies  
Choice of Milk

**Orange Chicken 20**  
Steamed Rice  
Steamed Broccoli  
Fresh Fruit 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**