

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| Choice of: <b>3</b><br>Breakfast Sandwich or<br>Mini Donuts<br>Choice of Juice<br>Choice of Milk         | Choice of: <b>4</b><br>Pillsbury Pancakes or<br>Cinnamon Roll/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk  | Choice of: <b>5</b><br>Dutch Waffle or<br>Pop-Tart<br>Choice of Juice<br>Choice of Milk  | Choice of: <b>6</b><br>Breakfast Pizza or<br>Pop-Tart/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk  | Choice of: <b>7</b><br>French Toast Sticks or<br>Donuts/Assorted Cereals<br>Choice of Juice<br>Choice of Milk  |
| Choice of: <b>10</b><br>Breakfast Sandwich or<br>Mini Donuts<br>Choice of Juice<br>Choice of Milk        | Choice of: <b>11</b><br>Pillsbury Pancakes or<br>Cinnamon Roll/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk | Choice of: <b>12</b><br>Dutch Waffle or<br>Pop-Tart<br>Choice of Juice<br>Choice of Milk | Choice of: <b>13</b><br>Breakfast Pizza or<br>Pop-Tart/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk | Choice of: <b>14</b><br>French Toast Sticks or<br>Donuts/Assorted Cereals<br>Choice of Juice<br>Choice of Milk |
| No School <b>17</b><br> | Choice of: <b>18</b><br>Pillsbury Pancakes or<br>Cinnamon Roll/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk | Choice of: <b>19</b><br>Dutch Waffle or<br>Pop-Tart<br>Choice of Juice<br>Choice of Milk | Choice of: <b>20</b><br>Breakfast Pizza or<br>Pop-Tart/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk | Choice of: <b>21</b><br>French Toast Sticks or<br>Donuts/Assorted Cereals<br>Choice of Juice<br>Choice of Milk |
| Choice of: <b>24</b><br>Breakfast Sandwich or<br>Mini Donuts<br>Choice of Juice<br>Choice of Milk        | Choice of: <b>25</b><br>Pillsbury Pancakes or<br>Cinnamon Roll/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk | Choice of: <b>26</b><br>Dutch Waffle or<br>Pop-Tart<br>Choice of Juice<br>Choice of Milk | Choice of: <b>27</b><br>Breakfast Pizza or<br>Pop-Tart/Cereal/Donuts<br>Choice of Juice<br>Choice of Milk | Choice of: <b>28</b><br>French Toast Sticks or<br>Donuts/Assorted Cereals<br>Choice of Juice<br>Choice of Milk |
| Choice of: <b>31</b><br>Breakfast Sandwich or<br>Mini Donuts<br>Choice of Juice<br>Choice of Milk        |   |  |   |  |

**Meal Pattern Requirements**

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

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <b>Popcorn Chicken</b> 3<br>McCain Tater Tots<br>Fresh Fruits and Veggies<br>Choice of Milk                         | <b>Spaghetti and Meatballs</b> 4<br>Garlic Breadstick<br>Green Beans<br>Fresh Apple<br>Choice of Milk            | <b>State Fair Mini Corn Dog</b> 5<br>Steamed Broccoli and Carrots<br>Fresh Fruit<br>Choice of Milk                       | <b>Macho Nacho Grande</b> 6<br>Mexican Fiesta Rice<br>Mixed Fruit<br>Choice of Milk  | <b>Big Daddy's Stuffed Crust Pizza</b> 7<br>Steamed Broccoli<br>Orange Slices<br>Choice of Milk  |
| <b>Chicken Patty</b> 10<br>WG Bun,<br>Tater tots<br>Buttered Corn<br>Mixed Fruit Cocktail<br>Choice of Milk         | <b>Brunch for Lunch</b> 11<br>Pancakes, Sausage Patty<br>Ore Ida Hash Brown<br>Choice of Juice<br>Choice of Milk | <b>Italian Hoagie Rounder</b> 12<br>Sun Chips<br>Fresh Fruits and Veggies<br>Choice of Milk                              | <b>Macho Nacho Grande</b> 13<br>Mexican Fiesta Rice<br>Mixed Fruit<br>Choice of Milk | <b>Schwann's Cheesy Pizza</b> 14<br>Romaine Salad<br>Fresh Banana<br>Choice of Milk              |
| <b>No School</b> 17<br>            | <b>Berks Hot Dog</b> 18<br>WG Bun, Tater Tots<br>Fresh Fruits and Veggies Selection<br>Choice of Milk            | <b>Super Pretzel w/Cheese &amp; Tyson Chicken Nuggets</b> 19<br>Celery Sticks<br>Apple Sauce<br>Choice of Milk and Juice | <b>Macho Nacho Grande</b> 20<br>Mexican Fiesta Rice<br>Mixed Fruit<br>Choice of Milk | <b>Big Daddy's Stuffed Crust Pizza</b> 21<br>Steamed Broccoli<br>Orange Slices<br>Choice of Milk |
| <b>Mustang Cheeseburger</b> 24<br>French Fries<br>Fresh Fruits and Veggies<br>Choice of Milk                        | <b>Creamed Chicken and Biscuit</b> 25<br>Mashed Potatoes<br>Diced Peaches, veggie<br>Choice of Milk              | <b>Grilled Cheese</b> 26<br>Tomato Soup<br>Fresh Fruit and Veggies<br>Choice of Milk                                     | <b>Macho Nacho Grande</b> 27<br>Mexican Fiesta Rice<br>Mixed Fruit<br>Choice of Milk | <b>Schwann's Cheesy Pizza</b> 28<br>Romaine Salad<br>Fresh Banana<br>Choice of Milk              |
| <b>WG Pillsbury® Mini pancakes</b> 31<br>Sausage, Potato Wedges<br>Apple Slices, Choice of Milk,<br>Choice of Juice |                              |  |  |  |

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.

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