

# JANUARY 2013

## LAMAR COUNTY SCHOOLS MENU (Kindergarten – 8<sup>th</sup> grades)

Breakfast: Students must select 3 of the four items offered for a reimbursable meal.

Lunch: Students must select 3, 4, or 5 of the 5 offered components for a reimbursable meal 1 must be fruit or vegetable.



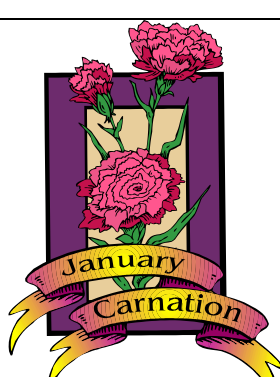
Indicates Healthier US Challenge Menu Items

### BREAKFAST MENU

VISIT US ON THE WEB: [www.lamarcountyschools.org](http://www.lamarcountyschools.org)

French Toast Sticks (3) w/ Sausage Patty OR Large Cereal Fresh Fruit Fruit Juice	Eggs/Grits/Sausage Patty w//Toast OR Large Cereal Fresh Fruit Fruit Juice	Breakfast Pizza or Breakfast Burrito or Fruit/Yogurt Parfait OR Large Cereal Fresh Fruit	Pancake Pup or Fruit/Yogurt Parfait or Cinni Mini OR Large Cereal Fresh Fruit	Mini Pancakes or Breakfast Harvest Cookie or Sausage Biscuit w/gravy OR Large Cereal Fresh Fruit
Breakfast Meal Prices Full Paid \$1.75 Reduced \$ .30 Adult \$2.00	Lunch Meal Prices Full Paid \$ 2.50 Reduced \$ .40 Adult \$ 3.25	Fruit and Vegetable Choices are subject to change due to seasonal prices and USDA shipments <u>Choice</u> of Skim White or Fat Free Chocolate milk daily. <u>ALL</u> Salads are served with 1 oz. whole grain croutons		

### LUNCH MENU - Choice of One

Monday - January 7	Tuesday - January 8	Wednesday - January 9	Thursday - January 10	Friday - January 11
 Country Fried Steak w/ rice & gravy Whole Wheat Breadstick Spicy Chicken on Bun Chef Salad Grilled Chicken Caesar Salad Cheesy California Vegetables Tossed Salad Oranges Fruit Cocktail Dessert: Pudding	Chicken Nuggets Whole Wheat Breadstick Ketchup BBQ Rib Sandwich on hoagie Chef Salad Mandarin Chicken Salad Baked Beans Tossed Salad Plums Peaches Dessert: Chocolate Pudding	Chicken Spaghetti Whole Wheat Breadstick Hamburger Trimmmings Mayo/Mustard/Ketchup Chef Salad Veggie Wrap Sweet Potato Cubes Lima Beans Apples w/dip Peaches Dessert: Jello	Pepperoni Pizza Chicken Wings w/sauce Whole Wheat Roll Ranch Dressing Chef Salad Fruit & Yogurt Salad Broccoli & Cheese Carrots & Cherry Tomatoes Banana Pineapples Dessert: Peanut Butter Fluff	Steak Fingers Ketchup Loaded Baked Potato Chef Salad Tuna Salad Salad Corn Greek Salad Grapes Pears Whole Wheat Breadstick Dessert: Crustless Apple Pie
January 14	January 15	January 16	January 17	January 18
Country Fried Steak w/ rice & gravy Whole Wheat Breadstick Spicy Chicken on Bun Chef Salad Grilled Chicken Caesar Salad Cheesy California Vegetables Tossed Salad Oranges Fruit Cocktail Dessert: Pudding	Cheesy Chicken w/ rice Whole Wheat Breadstick Hamburger Ketchup/Mustard/Mayo Trimmmings Chef Salad Mandarin Chicken Salad Sweet Potato Cubes Broccoli Salad Bananas Applesauce Dessert: Peanut Butter Fluff	Jambalaya Corndog Nuggets Mac & Cheese Ketchup/Mustard Chef Salad Veggie Wrap w/chips Baked Beans Cucumber Sticks w/dip Apple Wedges w/dip Peaches Whole Wheat Breadstick Dessert: Jello	Stromboli Chicken & Dumplings Whole Wheat Breadstick Chef Salad Fruit /Yogurt Salad w/ PBJ Yam Patties Tossed Salad Pineapples Grapes Dessert: Crustless Apple Pie	Vegetable Beef Soup w/PBJ Sandwich Soft Chicken Taco Trimmmings Chef Salad Chicken Salad Salad Ranch Baked Potato Green Pea Salad Oranges Pears Dessert: Juice Bar
January 21	January 22	January 23	January 24	January 25
 Beef Stew Whole Wheat Breadstick Cheese Sticks w/ Marinara Chef Salad Mandarin Chicken Salad Broccoli w/cheese Steamed Cabbage Apple/Orange Wedges Mixed Fruit Dessert: Pudding	Chili Cheese Bowl Whole Wheat Breadstick Grilled Chicken Sandwich Trimmmings Mayo/Mustard/Ketchup Chef Salad Veggie Wrap w/chips French Fries 3 Bean Salad Peaches Grapes Dessert: Jello	BBQ Chicken Whole Wheat Roll Hamburger Trimmmings Mayo/Mustard/Ketchup Chef Salad Fruit & Yogurt Salad Small Red Beans & Rice Spinach Salad Banana Pineapples Dessert: Peanut Butter Fluff	Taco Salad Taco Sauce Seafood Basket Whole Wheat Roll Ketchup Chef Salad Tuna Salad Salad Cheesy Potatoes Green Beans Baby Carrots w/dip Fresh Fruit Cup Pears Dessert: Crustless Apple Pie	
January 28	January 29	January 30	January 31	
Country Fried Steak Sandwich Trimmmings / Mayo / Ketchup Sweet/Sour Chicken Fried Rice Whole Wheat Breadstick Chef Salad Grilled Chicken Caesar Salad Broccoli Sweet Potato Cubes Oranges Mixed Fruit Dessert: Chocolate Pudding	Chicken & Sausage Gumbo w/rice Whole Wheat Breadstick Philly Steak on bun Mayo Chef Salad Mandarin Chicken Salad Carrots Potato Salad Apple Sauce Plums Dessert: Peanut Butter Fluff	Chicken Parmesan Whole Wheat Breadstick BBQ Sandwich Chef Salad Veggie Wrap w/chips Mixed Vegetables Carrot & Raisin Salad Apples w/dip Peaches Dessert: Juice Bar	Brunch for Lunch Deli Sandwich Trimmmings Mayo/Mustard Chef Salad Fruit/Yogurt Salad w/ PBJ Hash Browns Refried Beans Banana Pineapples Dessert: Crustless Apple Pie	

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