

#### **Served Daily:**

#### Milk Choices:

1% Unflavored Milk Fat-free Unflavored Milk Fat-free Flavored Milk

#### Juice Choices:\*

Apple Juice Grape Juice Orange Juice Vegetable Juice

#### **Vegetable/Fruit Choices:**

Fresh Veggie Cups & Dip Fresh Fruit Fruit Cup Garden Salad

#### **Breakfast:**

Cereal & Toast, Pop Tarts, Yogurt/Granola Parfait, Mini Donuts

#### **Meal Prices**

Lunch \$.40/1.50 Breakfast \$.30/.85

Students must choose 1/2 cup fruit or vegetable daily at breakfast and lunch.

## Menu is subject to change





## **South Laurel High School Menus 2018-2019**

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree Choices	Turkey Sub on Ciabatta Steakburger/Cheese LC Pizza/Big Daddy Pizza	Pulled Pork Sliders Spicy Chicken Sand Pepperoni Bread Turkey/Cheese Wrap	Chicken Chunks Steakburger/Cheese Tony's Indy Pizza Turkey/Cheese Wrap	Pineapple Glazed Ham Chicken Filet Cheezy Bread Turkey/Cheese Wrap	Spaghetti/Meatsauce Calzone Turkey/Cheese Wrap
Veg/Fruit*	Potato Wedges Corn Frozen Fruit Sidekick	Potato Cubes Baked Beans	Steamed Broccoli Crin Cut Potatoes	Mashed Potatoes Marinara Sauce	Green Beans
Grains/Other	Prozen Pruit Sidekick	Choc Chip Cookie	Rice	Mac & Cheese Biscuit	Breadstick
Lunch Entree Choices	Meatball & Mozz Hoagie Corn Dog LC Pizza/Big Daddy Pizza	Grilled Cheese Spicy Chicken Sand Pepperoni Bread Bologna Sandwich w/Soup*	Chicken Strips Steakburger/Cheese Tony's Indv Pizza Bologna Sandwich	Hot Ham & Cheese Chicken Sandwich Cheezy Bread Bologna Sandwich	Fiesta Taco Salad Quesadilla Bologna Sandwich
Veg/Fruit* Grains/Other	Potato Wedges Green Beans Ice Cream Cup	Potato Cubes  Crackers/Bd Doritos*	Broccoli & Cheese Mashed Potatoes Biscuit & White Gravy	Crin Cut Potatoes Baked Beans Marinara Sauce Choc Chip Cookie	Refried Beans Corn Mexican Rice Tostitos Chips
Lunch Entree Choices	BBQ Rib Sandwich Steakburger/Cheese LC Pizza/Big Daddy Pizza	Homestyle Meatloaf Spicy Chicken Sand Peppero- ni Bread Ham/Cheese Wrap	Asian Chicken Bites* Steakburger/Cheese Tony's Indv Pizza Ham/Cheese Wrap	Bosco Sticks Chicken Sandwich Quesadilla Ham/Cheese Wrap	Hot Dog & Chili Calzone Ham/Cheese Wrap
Veg/Fruit*	Potato Wedges Cole Slaw Frozen Fruit Sidekick	Mashed Potatoes Green Beans	Broccoli & Cheese Whole Potatoes Egg Roll	Crin Cut Potatoes Marinara Sauce	Baked Beans Corn
Grains/Other		Mac & Cheese Biscuit	Teriyaki Rice*	Choc Chip Co	Baked Cheetos
Breakfast	Sausage Biscuit	Donuts & Trix Yogurt	Pancakes & Syrup w/Sausage Links / Pancake on Stick *	Breakfast Pizza	Biscuit Gravy Bacon Hashbrown* Scrambled Eggs

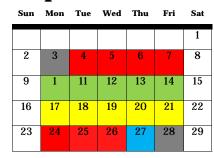
## **August 2018**

Sun	Mon	Tue Wed		Thu	Fri	Sat					
			1	2	3	4					
5	6	7	8	9	10	11					
12	13	14	15	16	17	18					
19	20	21	22	23	24	25					
						23					
26	27	28	29	30	31						

## January 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	*	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	*	30	31		

## September 2018



## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	*	20	21	22	23
24	25	26	27	28		

## October 2018



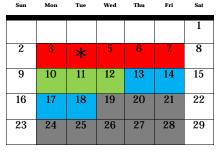
## **March 2019**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	*	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## **November 2018**



## **December 2018**



## May 2019

April 2019								<b>May 2019</b>							
Sun	Mon	Tue	Wed	Thu	Fri	Sat		Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6					1	2	3	4	
7	8	9	10	11	12	13		5	6	7	8	9	10	11	
14	15	16	17	18	19	20		12	13	14	15	16	17	18	
21	22	23	24	25	26	27		19	20	21	22	23	24	25	
28	29	30					•	26	27	28	29	30	31		
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# ALA CARTE

## **ELEMENTARY SCHOOLS**

4 oz 100 % Juice 8 oz Milk .30 8 oz Water .50 16 oz Water 1.00

## **ALL SCHOOLS**

#### \$.75

Oven Baked Lays Chips
Tostitos Scoops
Cheetos Oven Baked Regular
Cheetos Oven Baked Crunchy
Cheetos Fantastix
Doritos RF Cool Ranch
Doritos RF Nacho Cheese
Goldfish
Scooby Sticks
Animal Crackers
Funyuns
Pop Tarts (1 pastry)

### \$1.00

NutriGrain Bars Kelloggs Rice Krispie Betty Crocker Bars

### MIDDLE SCHOOLS

 4 oz 100 % Juice
 .30

 8 oz Milk
 .30

 8 oz Water
 .50

 16 oz Water
 1.00

 10 oz Fruit Juice
 1.00

## **HIGH SCHOOLS**

4 oz 100 % Juice .30 8 oz Milk .30 8 oz Water .50 16 oz Water 1.00 10 oz Fruit Juice 1.00 16.9 oz Flav Water 1.00 16.9 oz Diet Tea 1.00 Diet Soda 1.00

#### SPECIAL MENU DAYS

**September** Red, White & Blue Day

Menu: Red-White & Blue Cake

October 50's Day

Menu: Hamburgers or Hot Dogs, Fries, Vegetable Sticks

& Dip, Ice Cream

**November** Managers Choice (includes Thanksgiving Dinner)

19-20 Menu: Turkey & Dressing, Mashed Potatoes & Gravy,

Green Beans, Homemade Rolls, Dessert of your choice

**School choice of extra entree** 

**December** Managers Choice (includes Christmas Dinner)

13-18 Menu: Baked Ham, Mashed Potatoes, Green Beans,

**Homemade** Rolls, Dessert of your choice

**School choice of extra entree** 

March Dr. Seuss Birthday

Breakfast: Green Eggs & Ham

**Lunch: Birthday Cake** 

May 3 Derby Breakfast

Menu: Breakfast, Sausage & Bacon, scrambled eggs, gravy & biscuits, fried apples, potato cubes, jelly

May Teachers Day

Menu: Make homemade cinnamon rolls and fresh fruit

salad for our teachers

May Luau Day

Menu: Pork Rib on Bun, potato choice, fresh vegetables,

Fresh fruit salad w/pineapple & Kiwi

**May 09 - EOY Managers Choice** 

Entrée may change, other menu items will remain the

same

#### **NOTES:**

Cereal Choice - Cheerios offered daily, WG choices only

#### **MENU ROTATION**

RED - Tuesday - add Soup and crackers instead of Doritos (Oct 16, Dec 4, Jan 8 & 29, Feb 19, Mar 12)

GREEN—Rotate Asian Chicken and Buffalo Chicken Bites (change to chicken & herb rice and no egg roll)

Monday Breakfast rotate between the two choices Friday Breakfast hash brown can be potato cubes

\*August 9 will be Yellow Tuesday Menu \*
August 10 Yellow Wednesday Menu

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- (3) email: <u>program.intake@usda.gov</u>.

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