



MARCH 2016

Lamar County Elementary,
Middle and High Schools

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

School News:

1

Pancake Pup
or Cereal & Toast
Fruit & Choice of Milk

Pizza or Manager's Choice,
Green Beans, Potato Wedges,
Garden Salad,
Fruit & Choice of Milk

2

Breakfast Muffin
or Cereal & Toast
Fruit & Choice of Milk

Beef Patty w/Gravy & WG Roll,
Or Manager's Choice,
Mashed Potatoes,
Southern Greens,
Combread,
Fruit & Choice of Milk

3

Big Breakfast Day

Corn Dog or
Pork Roast w/Gravy & WG Roll,
Baked Potato,
Tossed Salad,
Fruit & Choice of Milk

4

Chicken Biscuit
Fruit & Choice of Milk

Sloppy Joe or
Baked Chicken
Creamy Cole Slaw,
Pinto Beans,
Fruit & Choice of Milk

7

Breakfast Bun
or Cereal & Toast
Fruit & Choice of Milk

Spaghetti w/ WG Roll or Turkey
Sandwich w/ Lettuce & Tomato,
Steamed Broccoli, Lima Beans,
Fruit and Choice of Milk

8

Oatmeal or
Cereal & Toast
Fruit & Choice of Milk

Ham Sandwich w/ Vegetable
Soup or Pizza,
California Vegetables,
Side Salad,
Fruit & Choice of Milk

9

Cini Mini Rolls
or Cereal & Toast
Fruit & Choice of Milk

Baked Turkey Slice w/Gravy & Roll
or Manager's Choice,
Mashed Potatoes,
Blackeyed Peas,
Fruit & Choice of Milk

10

Big Breakfast Day
Fruit & Choice of Milk

Pizza or
Poppy Seed Chicken w/ WG Roll,
Brown Rice,
English Peas, Corn,
Fruit & Choice of Milk

11

Chicken Biscuit
or Cereal & Toast
Fruit & Choice of Milk

Hamburger w/Lett/Tom/Pickle or
Turkey Sandwich w/Soup,
Sweet Potato Fries,
Fruit & Choice of Milk

14

Cereal & Toast
or Mini Cinnamon Bagels
Fruit & Choice of Milk

BBQ Chicken w/WG Roll or
Manager's Choice,
Baked Potato,
Fresh Garden Salad,
Fruit & Choice of Milk

15

French Toast or
Cereal & Toast
Fruit & Choice of Milk

Beef Patty w/Gravy & WG Roll
or Pizza,
Mashed Potatoes,
Steamed Broccoli,
Fruit & Choice of Milk

16

Breakfast Pizza
or Cereal & Toast
Fruit & Choice of Milk

Rib-A-Que or
Fish Sandwich,
Creamy Cole Slaw,
Tater Tots,
Fruit & Choice of Milk

17

Big Breakfast Day
Fruit & Choice of Milk

Beef & Cheese Nachos
w/ Lettuce & Tomato Cup,
Refried Beans,
Celery Dippers,
Fruit & Choice of Milk

18

Chicken Biscuit,
or Cereal & Toast,
Fruit & Choice of Milk

Ham or
Crispy Chicken Sandwich
w/ Lettuce & Tomato Cup,
SunChips,
Carrot Sticks,
Fruit & Choice of Milk

21

**No School
for Students**

22

Pancake Pup
or Cereal & Toast
Fruit & Choice of Milk

Pizza or
Tater Tot Casserole,
Green Beans,
House Salad,
Fruit & Choice of Milk

23

Breakfast Muffin
or Cereal & Toast
Fruit & Choice of Milk

Country Fried Steak Patty w/Gravy
& WG Roll or Manager's Choice,
Mashed Potatoes,
Collard Greens,
Combread,
Fruit & Choice of Milk

24

Big Breakfast Day
Fruit & Choice of Milk

Corn Dog or Turkey Wrap,
Tossed Salad, Sunchips,
Sweet Potato Tots,
Fruit & Choice of Milk

25

Chicken Biscuit
or Cereal & Toast
Fruit & Choice of Milk

Sloppy Joe or
Baked Chicken & WG Roll,
Creamy Cole Slaw,
Pinto Beans,
Fruit & Choice of Milk

28

Super Donut (WG)
or Cereal & Toast
Fruit & Choice of Milk

Corn Dog or Turkey Wrap,
Sweet Potato, Baked Beans,
Celery Sticks,
Fruit & Choice of Milk

29

Mini Bagels
or Cereal & Toast
Fruit & Choice of Milk

Spaghetti w/ Meat Sauce &
WG Roll or Pizza,
Steamed Broccoli, Corn,
Garden Salad,
Fruit & Choice of Milk

30

Breakfast Pizza
or Cereal & Toast
Fruit & Choice of Milk

Rib-A-Que or Fish Sandwich
or Manager's Choice,
Creamy Cole Slaw,
Potato Salad,
Fruit & Choice of Milk

31

Big Breakfast Day
Fruit & Choice of Milk

Beef-N-Cheese Nachos
w/ Lettuce & Tomato Cup
or Turkey Sandwich or
Manager's Choice
Refried Beans,
Fruit & Choice of Milk

DID YOU KNOW?
**March Madness
is a basketball
tournament played
by the NCAA.**

Lunch \$1.85
Breakfast \$1.00
Middle & High :
Lunch \$2.10
Breakfast \$1.10
ALL SCHOOLS:
Reduced Breakfast \$0.30
Reduced Lunch \$0.40

Menu subject to change without notice
based on seasonal availability, delivery
failure and/or managers discretion.

Fresh fruits & Vegetables served with
every meal. Local produce is served
when in season.
1%, Skim, Low Fat, Fat Free
Chocolate and Lactaid offered with
every meal at every school.

Salad Bar offered at the High School
Tuesday - Thursday

Middle School offers: Chef Salad Trays
on Tuesdays and Thursdays.
Sandwich Trays on Monday,
Wednesday & Friday

BIG BREAKFAST:
Sausage Link, Grits or Cereals &
Toast, Fruit & Choices

You can apply for Free or Reduced
priced meals anytime.

Contact your school or the SNP
Office for an application.

On-line payments can be made at:
www.myschoolbucks.com

Call 770-358-5891 for more information

IMPORTANT:
"This institution is an equal
opportunity provider."