

Lamar County HIGH School September/Oct CAFÉ Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Breakfast \$1.10 Reduced Breakfast \$.30 Lunch \$2.10 Reduced Lunch\$.40	Adults Breakfast \$1.40 Lunches \$3.50	<i>MENU IS SUBJECT TO CHANGE</i> Meals can be paid at www.myschoolbucks.com	This institution is an equal opportunity provider	<u>Harvest of the Month:</u> <u>Apples</u>
<u>September 7, 2020</u> Labor Day!!	<u>September 8, 2020</u> Breakfast: Chicken Biscuit, Fruit, Juice, Milk Lunch: Beef Soft Taco or SM Sausage Pizza, Fresh Fruit, Pear Cup, Tortilla Chips w/ Cafeteria Caviar, Refried Beans with cheese Snack: Cookie & Milk	<u>September 9, 2020</u> Breakfast: Egg Biscuit, Fruit, Juice, Milk Lunch: Chicken Teriyaki w/rice or Smart Mouth Buffalo Pizza, Fresh Fruit, Peach Cup, California Blend, Spinach and Strawberry Salad Snack: Fresh Fruit & Juice	<u>September 10, 2020</u> Breakfast: Sausage Biscuit, Fruit, Juice, Milk Lunch: Spaghetti w/Bread Stick or SM Supreme Pizza, Fresh Fruit Variety, Fruit Cocktail, Broccoli and Cheese, Glazed Carrots Snack: Graham & Milk	<u>September 11, 2020</u> Breakfast: Pancake on a Stick w/syrup, Fruit, Juice, Milk Lunch: Trojan Salad Or SM Pepperoni Pizza, Fresh Fruit, Sidekick, Corn, Fresh Veggie Dipper w/House Ranch Snack: Cheez It & Juice
September 14, 2020 Breakfast: Breakfast Bun, Fruit, Juice, Milk Lunch: Cheeseburger, Fresh Fruit, Steamed Carrots, Tatter Tots Snack: Chips & Juice	September 15, 2020 Breakfast: Chicken Biscuit, Fruit, Juice, Milk Lunch: Beef Nacho or SM Sausage Pizza, Fresh Fruit, pear Cup, Tortilla Chips w/Cafeteria Caviar, Pinto Beans. Snack: Cookie & Milk	September 16, 2020 Breakfast: Egg Biscuit, Fruit, Juice, Milk Lunch: Chicken Stir Fry w/Rice or Smart Mouth Buffalo Pizza, Fresh Fruit, Peach Cup, Mixed Vegetables, Romaine Salad w/House Ranch Snack: Fresh Fruit & Milk	September 17, 2020 Breakfast: Sausage Biscuit, Fruit, Juice, Milk Lunch: Chicken Alfredo w/breadstick or SM Supreme Pizza, Fresh Fruit, Fruit Marlow, Steamed Broccoli, Steamed Corn Snack: Graham & Milk	September 18, 2020 Breakfast: Waffles w/syrup, Fruit, Juice, Milk Lunch: Hamburger Or SM Pepperoni Pizza, Fresh Fruit, Cool Tropic, Cookie, Lettuce/Tomato/Pickle, Three bean Salad Snack: Cheetos & Juice
September 21, 2020 Breakfast: Cinnamon Roll, Fruit, Juice, Milk Lunch: Corn Dog,, Fresh Fruit, Sweet Potato Tots, Corn Snack: Doritos & Juice	September 22, 2020 Breakfast: Chicken Biscuit, Fruit, Juice, Milk Lunch: Chicken Fajita or SM Sausage Pizza, Fresh Fruit, Pear Cup, Tortilla Chips w/ Cafeteria Caviar, Refried Beans Snack: Cookie & Milk	September 23, 202 Breakfast: Egg Biscuit, Fruit, Juice, Milk Lunch: Poppy Seed Chicken w/rice or Smart Mouth Buffalo Pizza, Fresh Fruit, Peach Cup, California Blend, Spinach and Strawberry Salad Snack: Fresh Fruit & Juice	September 24, 2020 Breakfast: Sausage Biscuit, Fruit, Juice, Milk Lunch: Chicken Tetrizzini w/breadstick or SM Supreme Pizza, Fresh Fruit, fruit Cocktail, Broccoli with Cheese, Glazed Carrots Snack: Graham & Milk	September 25, 2020 Breakfast: French Toast Sticks w/syrup, Juice, Milk Lunch: Chicken Topped Salad Or SM Pepperoni Pizza Fresh Fruit, Sidekick, Green Beans, French Fries Snack: Cheez It & Juice
September 28, 2002 Breakfast: Cinni Mini, Fruit, Juice, Milk Lunch: Hot Dog, Fresh Fruit, Glazed Carrots, Potato Wedges. Snack: Chips & Juice	Septmeber 29, 2020 Breakfast: Chicken Biscuit, Fruit, Juice, Milk Lunch: Bean Burrito or SM Sausage Pizza, Fresh Fruit, Pear Cup, Tortilla Chips with Cafeteria Caviar, Pinto Beans with Cheese, Snack: Cookie & Milk	September 30, 2020 Breakfast: Egg Biscuit, Fruit, Juice, Milk Lunch: BBQ Sandwich or Smart Mouth Buffalo Pizza, Fresh Fruit Peach Cup, Mixed Vegetables, Romaine Salad w/House Ranch Snack: Fresh Fruit & Juice	October 1, 2020 Breakfast: Sausage Biscuit, Fruit, Juice, Milk Lunch: Ham and Cheese Macaroni or SM Supreme Pizza, , Fresh Fruit, Fruit Cocktail, Steamed Peas, Glazed Carrots Snack: Graham & Milk	October 2, 2002 Breakfast: Pancakes w/syrup Biscuit, , Fruit, Juice, Milk Lunch: Cheeseburger or SM Pepperoni Pizza, Fresh Fruit, Cool Tropic, French Fries, Lettuce/Tomato/Pickle Snack: Cheetos and Juice