

Lamar County Middle School September/October CAFÉ Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Choice of Entrée, Fruit, Juice, Milk	<u>LCMS & LCCHS</u> <u>Student</u> Breakfast \$1.10 Reduced Breakfast \$.30 Lunch \$2.10 Reduced Lunch \$.40 <u>Adults</u> 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>
September 7, 2020 Labor Day!!	September 8, 2020 Breakfast: Chicken Biscuit or Cereal w/Jelly Biscuit Lunch: Beef Soft Taco or Bean Burrito,, Fresh Fruit, Pear Cup, Refried Beans with cheese, Lettuce/Tomato/Cheese Cup Snack: Cookie & Milk	September 9, 2020 Breakfast: Egg Biscuit or Cereal w/Biscuit, Fruit and Juice Lunch: Chicken Teriyaki w/rice, Chicken Chunks w/Roll, Fruit Cocktail, Fresh Fruit, California Blend, Three Bean Salad Snack: Fresh Fruit & Juice ilk	September 10, 2020 Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Spaghetti or Deli Sandwich, Pineapple Cup, Fresh Fruit, Green Beans, Romaine Salad w/House Ranch Snack: Graham & Milk	September 11, 2020 Breakfast: French Toast Sticks w/Syrup or Cereal w/Toast Lunch: Smart Mouth Pizza Variety, Sidekick, Fresh Fruit, Corn, Fresh Veggie Dipper w/House Ranch Snack: Cheez It & Juice
September 14, 2020 Breakfast: Cereal w/Yogurt Lunch: Cheeseburger Fresh fruit, Steamed Carrots, Tatter Tots Snack: Chips & Juice	September 15, 2020 Breakfast: Chicken Biscuit or Cereal w/Jelly Biscuit Lunch: Chicken Fajitas or Crispito w/Cheese Sauce, Tortilla Chips and Cafeteria Caviar, Pear Cup, Fresh Fruit, Pinto Beans, Snack: Cookie & Milk	September 16, 2020 Breakfast: Egg Biscuit or Cereal w/Biscuit Lunch: Chicken Stir Fry w/Rice, Chef Salad w/breadstick, Fruit Marlow, Fresh Fruit, Steamed Corn, Mixed Vegetables Snack: Fresh Fruit & Milk	September 17, 2020 Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Chicken Alfredo or Deli Wrap, Pineapple Cup, Fresh Fruit, Spinach and Strawberry Salad, Three Bean Salad Snack: Graham & Milk	September 18, 2020 Breakfast: Breakfast Pizza or Cereal w/Toast Lunch: Smart Mouth Pizza Variety, Fresh Fruit, Cool Tropic's Icee, Green Beans, Fresh Veggie Dipper w/House Ranch. Snack: Cheetos & Juice
September 21, 2020 Breakfast: Cinnamon Roll Lunch: Corn Dog, Fresh Fruit, Sweet Potato Tots, Corn Snack: Doritos & Juice	September 22, 2020 Breakfast: Chicken Biscuit or Cereal w/Jelly Biscuit Lunch: Beef Nachos or Taco Salad w/Tortilla Chips, Fresh Fruit, Pear Cup, Lettuce/Tomato,/Cheese Cup, Seasoned Black Beans Snack: Cookie & Milk	September 23, 2020 Breakfast: Egg Biscuit or Cereal w/Biscuit Lunch: Poppy Seed Chicken w/rice or Chicken Tenders w/roll, Fruit Cocktail, Fresh Fruit, California Blend, Coleslaw. Snack: Fresh Fruit & Juice	September 24, 2020 Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Chicken Tetrazzini or Yogurt/Cheese Stick/Chips Pack, Pineapple Cup, Fresh Fruit, Romaine Salad, Broccoli with Cheese Snack: Graham & Milk	September 25, 2020 Breakfast: Pancake on a Stick with Syrup or Cereal w/Toast Lunch: Smart Mouth Pizza Variety, Ripz Icee Juice, Fresh Fruit, Glazed Carrots, Green Beans Snack: Cheez It & Juice
September 28, 2020 Breakfast: Breakfast Pizza Lunch: Hamburger, Fresh Fruit, Steamed Carrots, Baked Beans Snack: Chips & Juice	September 29, 2020 Breakfast: Chicken Biscuit or Cereal w/Jelly Biscuit Lunch: Chicken Nachos Cheese Quesadilla, Tortilla Chips and Cafeteria Caviar, Pear Cup, Fresh Fruit, Pinto Beans with Cheese, Lettuce/Tomato/Cheese Cup Snack: Cookie & Milk	September 30, 2020 Breakfast: Egg Biscuit or Cereal w/Biscuit Lunch: Poppy Seed Chicken w/rice or Chicken Tenders w/roll, Fruit Cocktail, Fresh Fruit, Mixed vegetables, Broccoli and Cheese. Snack: Fresh Fruit & Juice	October 1, 2020 Breakfast: Sausage Biscuit or Cereal w/Biscuit Lunch: Ham and Cheese Macaroni Or Deli Sandwich, Pineapple Cup, Fresh Fruit, Spinach and Strawberry Salad, Steamed Peas Snack: Graham & Milk	<u>October 2, 2020</u> Breakfast: Mini Waffles w/syrup or Cereal w/Toast Lunch: Smart Mouth Pizza Variety, Sidekick, Fresh Fruit, Steamed Corn, Fresh Veggie Dipper w/House Ranch, Cookie Snack: Cheetos and Juice