

LINTON MIDDLE/HIGH SCHOOL	Daily Breakfast meal includes: main entrée OR cereal & toast with fruit & milk/juice Daily lunch entrée may be substituted with a peanut butter sandwich. For questions or nutritional information about the lunch program please contact Jessica Taylor, Food Services Director, at 812-847-6024 ext. 406.				
<p>Offer Vs. Serve Students must take <u>at least</u> ½ cup fruit <u>or</u> vegetable and two additional components of their choice to make a complete tray. Students may decline any other component.</p> <p>The 5 Components are: Milk, Grain, Meat/Meat Alternate, Fruits, and Vegetables.</p> <p>Daily choices of low-fat white or fat-free chocolate milk.</p> <p>Breakfast (starting at 7:30 am):</p> <p>Regular: \$1.50 Reduced: \$0.30 Adult:\$1.80</p> <p>Lunch:</p> <p>Regular: \$2.85 Reduced: \$0.40 Adult: \$3.45</p>	January 8	January 9	January 10	January 11	January 12
	B: Pop tart L: Cheese Pizza OR Chicken Sand. Carrots Fries Pears	B:French Toast L: General Tso’s w. Rice OR Chicken Sand. Salad Broccoli Apples	B: Cereal & Toast L: Pancakes Sausage OR Chicken Sand. Hash browns Celery Straw& Bananas	B: Muffin & Toast L: Chicken Fajitas OR Tomatoes & Mac Chicken Sand. Refried Beans Mand. Oranges	B: Calzone L: Coney Dog OR Chicken Sand. Sw. Potato Fries Cucumbers Fruit Cocktail Cookie
	January 15 B: Donut L: Chicken Bites w. Roll OR CFS Sand Carrots Celery Straw/Blue.	January 16 B: Sausage & Biscuit L: Beef Stroganoff w. Breadstick OR CFS Sand Sw. Potatoes Broccoli Pears	January 17 B: Cereal & Toast L: Biscuit & Gravy Sausage OR CFS Sand Hash Browns Veggie Juice Peaches	January 18 B: Pizza L: Corndog OR CFS Sand Baked Beans Salad Applesauce Brownie	January 19 B: Cinnamon Toast L: Turkey Man w. Roll OR CFS Sand Green Beans Mash. Potatoes Pineapple
	January 22 B: Pancakes L: Cheese Breadsticks OR Grilled Cheese Marinara Corn Applesauce Cookie	January 23 B: Early Riser w. Toast L: Club Sandwich OR Grilled Cheese Celery Broccoli Mand. Oranges	January 24 B: Cereal & Toast L: Chicken Noodles w. Roll OR Grilled Cheese Mash. Potatoes Green Beans Apples	January 25 B: Egg and Toast L: Fish Sand. OR Grilled Cheese Baked Beans Sw. Potato Fries Pineapple Fluff	January 26 B: Burrito L: Taco Boat OR Grilled Cheese Refried Beans Salad Pears
	January 29 B: Granola Bar L: BBQ Rib Patty OR Cheeseburger Carrots Baby Bakers Peaches	January 30 B: Cinnamon Raisin Toast L: Chicken Alf. w. Garlic Toast OR Cheeseburger Salad Broccoli Apples	January 31 B: Cereal & Toast L: Country Fr. Stk. w. Roll OR Cheeseburger Mashed Potatoes Green Beans Applesauce	February 1 B: Muffin L: Chili w. ½ PB Sand & Crackers OR Cheeseburger Corn Celery Straw& Bananas	February22 B: Calzone L: Chicken Sand. OR Cheeseburger Sweet Potatoes Baked Beans Fruit Cocktail Cookie
	MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.				