

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 or 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): Regular: \$1.50 Reduced: \$0.30 Adult:\$1.80</p> <p>Lunch: Regular: \$2.85 Reduced: \$0.40 Adult: \$3.45</p>	October 30	October 31	November 1	November 2	November 3
	B: Pop tart L: Cheese Pizza OR Cheeseburger Carrots Fries Pears	B:French Toast L: Chicken Nuggets w. Roll OR Cheeseburger Baked Beans Sw. Potatoes Mand. Oranges	B: Cereal & Toast L: Chicken Alfredo w. Garlic Toast OR Cheeseburger Salad Broccoli Baked Apples	B: Muffin L: Veggie Soup w. ½ PB Sand & Crackers OR Cheeseburger Cucumbers Celery Straw& Bananas	B: Calzone L: Turkey Sand. OR Cheeseburger Tomatoes & Mac Corn Peaches Cookie
	November 6	November 7	November 8	November 9	November 10
	B: Donut L: Chicken Bites w. Roll OR CFS Sand Green Beans Scallop. Potatoes Straw/Blue.	B: Sausage & Biscuit L: Corndog OR CFS Sand Baked Beans Salad Applesauce	B: Cereal & Toast L: Biscuit & Gravy Sausage OR CFS Sand Hash Browns Red Peppers Peaches	B: Pizza L: Chicken Sand. OR CFS Sand Sw. Potato Fries Broccoli Pears Brownie	B: Cinnamon Raisin Toast L: Beef Stroganoff w. Roll OR CFS Sand Carrots Celery Pineapple
	November 13	November 14	November 15	November 16	November 17
	B: Pancakes L: Cheese Breadsticks OR Grilled Cheese Marinara Peas Applesauce Cookie	B: Early Riser w. Toast L: Chicken Nuggets w. Mac and Cheese OR Grilled Cheese Celery Broccoli Mand. Oranges	B: Cereal & Toast L: Country Fr Stk. w. Roll OR Grilled Cheese Mash. Potatoes Green Beans Apples	B: Egg and Toast L: Coney Dog OR Grilled Cheese Spinach Sw. Potato Fries Fruit Salad Jell-O	B: Maple Breadstick L: Taco Boat OR Grilled Cheese Carrots Refried Beans Bananas
	November 20	November 21	November 22	November 23	November 24
B: Bagel L: Stromboli OR Chicken Sand. Corn Carrots & Dip Mand. Oranges	B: Apple Bosco L: Turkey & Gravy Mashed Potatoes Green Beans Dressing Roll Fruit Pumpkin Pie	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	
November 27	November 28	November 29	November 30	December 1	
B: Pop tart L: Cheese Pizza OR Cheeseburger Carrots Fries Pears	B:French Toast L: BBQ Pork OR Cheeseburger Baked Beans Sw. Potatoes Mand. Oranges	B: Cereal & Toast L: Chicken Alfredo w. Garlic Toast OR Cheeseburger Salad Broccoli Baked Apples	B: Muffin L: Veggie Soup w. ½ PB Sand & Crackers OR Cheeseburger Cucumbers Celery Straw& Bananas	B: Calzone L: Hot Ham& Cheese OR Cheeseburger Tomatoes & Mac Corn Fruit Cocktail Cake	

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