

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><u>Offer Vs. Serve</u> 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): Regular: \$1.50 Reduced: \$0.30 Adult:\$1.80</p> <p>Lunch: Regular: \$2.85 Reduced: \$0.40 Adult: \$3.45</p>				August 10 B: Cereal & Toast L: Cheese Pizza OR Cheeseburger Fries Baked Beans Pears	August 11 B: Cereal & Toast L: Chicken Sand. OR Cheeseburger Corn Broccoli & Dip Fruit Cocktail
	August 14 B: Donut L: Chicken Chunks w. Roll OR CFS Sand Green Beans Carrots Straw/Blue.	August 15 B: Sausage & Biscuit L: Corndog OR CFS Sand Baked Beans Salad Applesauce Brownie	August 16 B: Cereal & Toast L: Biscuit & Gravy Sausage OR CFS Sand Hash Browns Red Peppers Bananas	August 17 B: French Toast L: Sloppy Joe OR CFS Sand Broccoli Tomatoes Peaches	August 18 B: Bagel L: Cheeseburger OR CFS Sand Buffalo Fries Salad Apples
	August 21 B: Granola Bar L: Cheese Breadsticks OR Fish Sand Marinara Peas Applesauce Cookie	August 22 B: Early Riser w. Toast L: Chicken Nuggets w. Goldfish OR Fish Sand Celery Broccoli Mand Oranges	August 23 B: Cereal & Toast L: Country Fr Stk. w. Roll OR Fish Sand Mash. Potatoes Green Beans Apples	August 24 B: Egg and Toast L: Hot Dog OR Fish Sand Spinach Carrots & Dip Fruit Salad	August 25 B: Muffin L: Taco Boat OR Fish Sand Tomatoes Salad Refried Beans Peaches
	August 28 B: Biscuit & Egg L: Baked Spaghetti w. Breadstick OR Chicken Sand. Corn Carrots & Dip Mand. Oranges	August 29 B: Apple Bosco L: General Tso's w. Rice OR Chicken Sand. Salad Roasted Broccoli Pineapples	August 30 B: Cereal & Toast L: Pancakes & Sausage OR Chicken Sand. Hash brown Veggie Juice Apples	August 31 B: Pizza L: Chicken & Noodles w. Roll OR Chicken Sand. Mashed Potatoes Green Beans Bananas	September 1 B:Poptart L:Club Sandwich OR Chicken Sand. Sw. Potatoes Baked Beans Pears Cake