| LINTON<br>MIDDLE/HIGH          | -                                                                                                                                                  |                            | main entrée <u>OR</u> cerea<br>be substituted with a |                              |                              |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------------------------------------------------------|------------------------------|------------------------------|
| SCHOOL                         | For questions or nutritional information about the lunch program please contact Jessica Taylor, Food  Services Director, at 812-847-6024 ext. 406. |                            |                                                      |                              |                              |
|                                | September 4                                                                                                                                        | September 5                | September 6                                          | September 7                  | September 8                  |
|                                |                                                                                                                                                    | B: Poptart                 | B: Cereal & Toast                                    | B: Muffin                    | B: Granola bar               |
|                                | LABOR                                                                                                                                              |                            |                                                      |                              |                              |
| Offer Vs. Serve                | DAY                                                                                                                                                | L: Cheese Pizza            | L: Chicken Fajitas                                   | L: BBQ Pork                  | L: Chicken Sand.             |
| Students must take             |                                                                                                                                                    | OR                         | OR                                                   | OR                           | OR                           |
| at least ½ cup fruit           | NO                                                                                                                                                 | Cheeseburger               | Cheeseburger                                         | Cheeseburger                 | Cheeseburger                 |
| or vegetable and               | SCHOOL                                                                                                                                             | Carrots                    | Salad                                                | Baked Beans                  | Sweet Potatoes               |
| two additional                 |                                                                                                                                                    | Fries                      | Corn                                                 | Green Beans                  | Broccoli & Dip               |
| components of their            | Septmeber 11                                                                                                                                       | Pears September 12         | Baked Apples September 13                            | Mandarin Orag.  September 14 | Fruit Cocktail September 15  |
| choice to make a               | -                                                                                                                                                  | B: Sausage &               | B: Cereal & Toast                                    | B: French Toast              | B: Bagel                     |
|                                | B: Donut                                                                                                                                           | B. Sausage &<br>Biscuit    | D. Cerear & roast                                    | D. French Toast              | D. Dagei                     |
| complete tray.<br>Students may | L: Chicken                                                                                                                                         | Discuit                    | L: Biscuit & Gravy                                   | L: Fish Sandwich             | L: Cheeseburger              |
| · ·                            | Chunks w. Roll                                                                                                                                     | L: Corndog                 | Sausage                                              | OR                           | OR                           |
| decline any other              | OR                                                                                                                                                 | OR                         | OR                                                   | CFS Sand                     | CFS Sand                     |
| component.                     | CFS Sand                                                                                                                                           | CFS Sand                   | CFS Sand                                             | Broccoli                     | Buffalo Fries                |
| The 5 Components               | Green Beans                                                                                                                                        | Baked Beans                | Hash Browns                                          | Tomatoes                     | Salad                        |
| -                              | Carrots                                                                                                                                            | Salad                      | Red Peppers                                          | Peaches                      | Apples                       |
| are: Milk, Grain,              | Straw/Blue.                                                                                                                                        | Applesauce                 | Bananas                                              | Jello                        |                              |
| Meat/Meat                      |                                                                                                                                                    | Brownie                    |                                                      |                              |                              |
| Alternate, Fruits,             | September 18                                                                                                                                       | September 19               | September 20                                         | September 21                 | September 22                 |
| and Vegetables.                | B: Granola Bar                                                                                                                                     | B: Early Riser w.<br>Toast | B: Cereal & Toast                                    | B: Egg and Toast             | B: Muffin                    |
| Daily choices of low-          | L: Cheese                                                                                                                                          |                            | L: Country Fr Stk.                                   | L: Coney Dog                 | L: Taco Boat                 |
| fat white or fat-free          | Breadsticks                                                                                                                                        | L: Chicken                 | w. Roll                                              | OR                           | OR                           |
| chocolate milk.                | OR                                                                                                                                                 | Nuggets w. Mac             | OR                                                   | Grilled Cheese               | Grilled Cheese               |
|                                | Grilled Cheese                                                                                                                                     | and Cheese                 | Grilled Cheese                                       | Spinach                      | Tomatoes                     |
| Breakfast (starting            | Marinara                                                                                                                                           | OR                         | Mash. Potatoes                                       | Carrots & Dip                | Salad                        |
| at 7:30 am):                   | Peas                                                                                                                                               | Grilled Cheese             | Green Beans                                          | Fruit Salad                  | Refried Beans                |
| _ , ,                          | Applesauce                                                                                                                                         | Celery                     | Apples                                               |                              | Peaches                      |
| Regular: \$1.50                | Cookie                                                                                                                                             | Broccoli                   |                                                      |                              |                              |
| Reduced: \$0.30                |                                                                                                                                                    | Mand Oranges               |                                                      |                              |                              |
| Adult:\$1.80                   | September 25                                                                                                                                       | September 26               | September 27                                         | September 28                 | September 29                 |
| . طح مديدا                     | B: Biscuit & Egg                                                                                                                                   | B: Apple Bosco             | B: Cereal & Toast                                    | B: Pizza                     | B:Cinnamon Raisin            |
| Lunch:                         |                                                                                                                                                    |                            |                                                      |                              | Toast                        |
| Regular: \$2.85                | L: Baked                                                                                                                                           | L: General Tso's           | L: Pancakes &                                        | L: Chicken &                 | , =,                         |
| Reduced: \$0.40                | Spaghetti w.                                                                                                                                       | w. Rice                    | Sausage                                              | Noodles w. Roll              | L:Philly                     |
| Adult: \$3.45                  | Breadstick                                                                                                                                         | OR<br>Chicken Sand         | OR<br>Chicken Sand                                   | OR<br>Chicken Sand           | Cheesesteak                  |
| +                              | OR<br>Chickon Sand                                                                                                                                 | Chicken Sand.<br>Salad     | Chicken Sand.                                        | Chicken Sand.                | OR<br>Chicken Sand.          |
|                                | Chicken Sand.                                                                                                                                      | Saiad<br>Roasted Broccoli  | Hash brown                                           | Mashed                       | Sw. Potatoes                 |
|                                |                                                                                                                                                    | - DOGSTEO BLOCCOII         | Veggie Juice                                         | Potatoes                     | Sw. Poldioes                 |
|                                | Corn                                                                                                                                               |                            |                                                      | Groon Boons                  | Paked Peans                  |
|                                | Carrots & Dip                                                                                                                                      | Pineapples                 | Apples                                               | Green Beans                  | Baked Beans                  |
|                                |                                                                                                                                                    |                            |                                                      | Green Beans<br>Bananas       | Baked Beans<br>Pears<br>Cake |