



Serving Only
Hormone Free Milk
(V) Notes a Vegetarian Meal

Breakfast Menu

No Pork
Products
Served

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Scrambled Eggs w/ Home Fries Whole Wheat English Muffin Fresh Fruit Choice Of Milk	4 Honey Kissed Sausage Pancake Stack Fresh Fruit Choice Of Milk	5 French Toast Sticks Maple Syrup Fresh Fruit Choice Of Milk	6 WG Banana Muffin Assorted Yogurt Fresh Fruit Choice Of Milk
9 Fruit Pockets Fresh Fruit Choice Of Milk	10 Sausage and Egg Breakfast Sandwich WG Biscuit Fresh Fruit Choice Of Milk	11 Turkey Bacon and Scrambled Egg Pizza Or Turkey Sausage Breakfast Pizza Fresh Fruit Choice Of Milk	12 Popcorn Chicken & Waffles Fresh Fruit Choice Of Milk	13 Mini Cinni's Fresh Fruit Choice Of Milk
16 No School	17 WG Egg & Cheese English Muffin Fresh Fruit Choice Of Milk	18 Warm Fruit Crisp Fresh Fruit Choice Of Milk	19 Fresh Baked Banana Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	20 Cream Cheese Stuffed Bagels Fresh Fruit Choice Of Milk
23 Assorted Mini Pancakes Fresh Fruit Choice Of Milk	24 Turkey Sausage Egg and Cheese Sliders Fresh Fruit Choice Of Milk	25 Waffles Maple Syrup Fresh Fruit Choice Of Milk	26 Home Style Breakfast Bowl Fresh Fruit Choice Of Milk	27 Honey Wheat Bagel Low Fat Cream Cheese Fresh Fruit Choice Of Milk
30 Fresh Baked Chocolate Chip Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	31 Veggie Omelet Bowl Whole Grain English Muffin Fresh Fruit Choice Of Milk	1	2	Milk Selections Choice of 8oz Milk Offered Daily 1% Plain Fat Free Plain Fat Free Chocolate Fresh Fruit Selections 1c of Fresh Fruit Offered Daily Apple Pear Banana Orange

Healthy Breakfast's that work!



LINTONS
Food Service Management
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Make your Plate a Healthy Plate.
Reach for nutritious Snacks.





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Lunch Menu

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Products
Served

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Black Bean and Cheese Empanadas w/ Salsa Beef Bologna & Cheese Turkey Cobb Salad	4 BBQ Beef Riblet on Whole Grain Bun Tuna Salad Sandwich Strawberry Chicken Spinach Salad	5 Cheesy Lasagna Roll Ups (V) Bread Stick 1/2 Turkey BLT Pita w/ Side Salad Buffalo Chicken Salad	6 Oven Baked Rotisserie Chicken Whole Grain Biscuit American Hoagie Rotini Pasta Salad w/ Tuna
	Fiesta Corn Salsa	Tator Tots Garlic Butter Green Beans	Parmesan Broccoli	Roasted Sweet Potatoes Herb Peas & Carrots
9 Meatball Sub on Whole Grain Steak Roll Grilled Chicken W/ Lettuce Basil Chicken Caesar Salad	10 Chicken Nuggets w/Dipping Sauce Bread Stick Beef Bologna & Cheese Turkey Cobb Salad	11 Oven Fried Chicken Whole Grain Corn Muffin Tuna Salad Sandwich Strawberry Chicken Spinach Salad	12 <i>Sweet n Sour Chicken</i> <i>Fried Rice</i> <i>Oriental Blend Veg</i> <i>Pineapples</i> <i>Fortune Cookie</i> 1/2 Turkey BLT Pita w/ Side Salad Buffalo Chicken Salad	13 Cheesesteak Sandwich on Whole Grain Steak Roll American Hoagie Rotini Pasta Salad w/ Tuna
Salsa & Tortilla Chips	Lemon Garlic Spinach Crinkle Cut Fries	Cajun Black Beans Garlic & Herb Roasted Potatoes		California Blend Veg. Sweet Potato Fries
16 No School	17 Buffalo Chicken Cheesesteak on Whole Grain Steak Roll Beef Bologna & Cheese Turkey Cobb Salad	18 Turkey Dinner Bowl w/ Whole Grain Corn Muffin Tuna Salad Sandwich Strawberry Chicken Spinach Salad	19 Chicken Alfredo over Egg Noodles Bread Stick 1/2 Turkey BLT Pita w/ Side Salad Buffalo Chicken Salad	20 Sloppy Joe on Whole Grain Bun American Hoagie Rotini Pasta Salad w/ Tuna
	Waffle Fries Creamy Broccoli & Cauliflower	Creamy Whipped Potatoes Garlic Butter Green Beans	Broccoli	Seasoned Corn Orange Glazed Carrot
23 Chicken Parmesan Over WG Rotini Grilled Chicken W/ Lettuce Basil Chicken Caesar Salad	24 Cheeseburger on Whole Grain Bun Beef Bologna & Cheese Turkey Cobb Salad	25 Super Beef Nacho Supreme Tortilla Chips Tuna Salad Sandwich Strawberry Chicken Spinach Salad	26 Turkey Meatloaf WG Garlic Knot 1/2 Turkey BLT Pita w/ Side Salad Buffalo Chicken Salad	27 Buffalo Chicken Fries w/ Ranch Bread Stick American Hoagie Rotini Pasta Salad w/ Tuna
Garden Salad	Savory Baked Beans Crinkle Cut Fries	Fiesta Corn Salsa	Garlic & Herb Roasted Potatoes Italian Stewed Tomatoes	Creamy Cole Slaw
30 Salisbury Steak Whole Grain Biscuit Grilled Chicken W/ Lettuce Basil Chicken Caesar Salad	31 Meatballs & Whole Grain Penne Pasta Bread Stick Beef Bologna & Cheese Turkey Cobb Salad	1	2	3
Creamy Whipped Potatoes Roasted Squash	Pennsylvania Select Vegetables			

Choose healthy snacks to keep you energized!

You can fit extra nutrients in your diet by choosing healthy snacks! Snack on fruits and vegetables to keep you strong and focused all day!



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