

# Breakfast Menu...

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Pancakes & Sausage Link	Biscuit, Eggs, Sausage & Gravy Cup	Homemade Breakfast Muffin & Scrambled Eggs	Breakfast Griddle Sticks	Chicken & Cheese Biscuit
Or	Or	Or	Or	Or
PBJ Uncrustable	Breakfast Egg/ Cheese Burrito	Breakfast Pizza Strip	Gourmet Breakfast Round	Mini-Cinnis & Sausage Link
Or	Or	Or	Or	Or
Cereal & Toast	Cereal & Toast	Cereal & Toast	Cereal & Toast	Cereal & Toast
&	&	&	&	&
Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice

## School Breakfast...The First Step to Learning:

Children who are hungry find it hard to stay alert and participate in their classroom experiences. Breakfast is offered in all LaRue County Schools.

Breakfast Prices:	Daily	Weekly
Students, Full Paid	1.00	5.00
Students, Reduced Paid	.30	1.50
Extra Milk	.40	2.00
Adults	1.60	8.00

## Special Dietary Needs:

If your child(ren) have needs for a special diet, your **family physician must complete with signature a Special Dietary Needs Form.**

You may obtain this form from your school nutrition manager. The completed form is to remain on file in the office of the school nutrition manager.

# Café LaRue

## Breakfast & Lunch Menu 2011-2012

# Lunch Menu...

## LaRue County Schools Nutrition Services

Breakfast and Lunch Prices 2011-2012

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Beef Franks on Whole Grain w/Topping Choices  Or Grilled Chicken on Whole Grain  Or Ultimate Fruit & Veggie Box  Or Turkey Cobb Wrap  & Choice of Two: Baked Sweet Potato Fries Veggie Pasta Salad Yogurt Fruit Parfait Fresh Apple Slices	Chili & String Cheese with Crackers  Or Bosco Varieties & Marinara Dip Cup  Or Garden Chef Salad  Or Tuna Salad Wrap  & Choice of Two: Fresh Cole Slaw Baby Carrots & Dip Kiwi Applesauce Cup Lunch Bunch Grapes	Deluxe Mini Cheese Burgers  Or New Orleans Chicken & Whole Grain Rice  Or Turkey Cobb Salad  Or Club Combo Deli Sub  & Choice of Three: Midori Vegetable Blend Deli Roaster Potatoes Tropical Fruit Salad Cup Chilled Peach Cup	Homemade Italian Spaghetti & Roll  Or Spicy Chicken on Whole Grain  Or Ultimate Fruit & Veggie Box  Or Ham & Cheese Deli Sub  & Choice of Two: Baked Potato Smiles Baby Greens Side Salad Yogurt Fruit Parfait Orange Wedges	Big Daddy's Pizza Slice  Or Chunky Chicken Nuggets & Roll  Or Classic Chef Salad  Or Premium Turkey on Multi Grain Round  & Choice of Two: Baked Potato Wedges Cherry Tomato Cup & Dip Golden Corn Fresh Fruit Varieties <b>Free Cookie Day</b>

<b>Week 2</b>	Oven-Baked Chicken & Biscuit & Gravy Cup  Or Sausage, Eggs, Biscuit & Gravy Cup  Or Ham & Cheese Wrap  Or Classic Chef Salad  & Choice of Two: Baked Potato Tots Baked Apples Green Beans Chilled Pineapple Chunks	Loco Taco w/lettuce, tomato & Cheese  Or Chicken Tenders & Roll  Or Premium Turkey Deli Sub  Or Baked Taco Shell Salad  & Choice of Two: Sweet Baked Potato Half Pinto Beans Chilled Pear Half Yogurt Fruit Parfait	Brookwood Barbecue on Whole Grain  Or Baked Crunchy Crusted Fish Sticks  Or Turkey Cobb Wrap  Or Ultimate Fruit & Veggie Box  & Choice of Two: Deli Roaster Potatoes Homestyle Baked Beans Fresh Cole Slaw Lunch Bunch Grapes	Classic Hamburger on Whole Grain  Or Veggie Medley Soup & Cheesy Corn Muffin  Or Club Combo Deli Sub  Or Garden Chef Salad  & Choice of Two: Baked Classic Cut Fries Fresh Cucumber Spears Yogurt Fruit Parfait Fresh Apple Slices	French Bread Pizza  Or Crisp Chicken on Whole Grain  Or Tuna Salad on Multi Grain Round  Or Ultimate Fruit & Veggie Box  & Choice of Two: Baby Greens Side Salad Golden Corn Fresh Broccoli Florets/ Dip Fresh Fruit Varieties <b>Free Cookie Day</b>
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<u>Lunch Prices (What a deal!)</u>	Daily	Weekly
LCHS Students, Full Pay	1.75	8.75
All Others, Full Pay	1.55	7.75
Students, Reduced Pay	.40	2.00
Adults	2.60	13.00

### Free and Reduced Priced Meal Benefits

To apply for free or reduced price meal benefits, complete a family application, which is available on the district website, school offices or district office of Nutrition Services. If your student qualifies for free or reduced price lunch, they also qualify for free or reduced price breakfast. For additional information contact Dee Anne Sanders, Nutrition Services at 270-358-4111.

- Milk offerings: Low Fat White, Low Fat Chocolate and Low Fat Strawberry
- Menu subject to change without notice due to availability.

Offer Vs. Serve is implemented in all schools

**Lunch:** Choose 3...No Less!  
Choose 4...That's More!  
Choose 5...That's Best!

**Breakfast:** Choose 3 or 4...So you won't snore.

### Feeding Children is Our Business

School lunches are planned to provide 1/3 of the recommended dietary allowances for school-age children. All LaRue County students are encouraged to select a complete lunch however, under the "Offer vs. Serve" regulation they are allowed to select three, four, or five items. Menus are planned to include a variety of choices, and changes have been made in food specifications and preparation to lower sodium, fat and sugar in school meals.

LaRue County Nutrition Services does not discriminate on the basis of race, color, national origin, sex, age, or disability!

AUGUST 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2011						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2011						
S	M	T	W	T	F	S
2	3	4	5	6	7	1/8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2011						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2012						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2012						
S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH 2012						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2012						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY 2012						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Our soups, sauces, salads, sandwiches, cookies, rolls, wraps and yogurt parfaits are freshly prepared from the best ingredients!