

<b>LINTON MIDDLE/HIGH SCHOOL</b>	Daily Breakfast meal includes: main entrée <b>OR</b> 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><b>Offer Vs. Serve</b> Students must take <u>at least</u> ½ cup fruit <u>or</u> vegetable and two additional <b>components</b> of their choice to make a complete tray. Students may decline any other component.</p> <p><b>The 5 Components</b> 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>	<b>October 2</b>	<b>October 3</b>	<b>October 4</b>	<b>October 5</b>	<b>October 6</b>
	B: Poptart  L: Cheese Pizza OR Cheeseburger Carrots Fries Pears	B: French Toast  L: BBQ Pork OR Cheeseburger Baked Beans Sw. Potatoes Mandarin Orag.	B: Cereal & Toast  L: Chicken Fajitas OR Cheeseburger Salad Refried Beans Baked Apples	B: Muffin  L: Chili w. ½ PB Sand & Crackers OR Cheeseburger Cucumbers Broc. & Cheese Straw& Bananas	B: Calzone  L: Chicken Sand. OR Cheeseburger Tomatoes & Mac Corn Fruit Cocktail
	<b>October 9</b> B: Donut  L: Chicken Bites w. Roll OR CFS Sand Green Beans Scallop. Potatoes Straw/Blue.	<b>October 10</b> B: Sausage & Biscuit  L: Corndog OR CFS Sand Baked Beans Salad Applesauce Brownie	<b>October 11</b> B: Cereal & Toast  L: Biscuit & Gravy Sausage OR CFS Sand Hash Browns Red Peppers Peaches	<b>October 12</b>  <b>FALL BREAK</b>  <b>NO SCHOOL</b>	<b>October 13</b>  <b>FALL BREAK</b>  <b>NO SCHOOL</b>
	<b>October 16</b> B: Pancakes  L: Cheese Breadsticks OR Grilled Cheese Marinara Peas Applesauce Cookie	<b>October 17</b> B: Early Riser w. Toast  L: Chicken Nuggets w. Mac and Cheese OR Grilled Cheese Celery Broccoli Mand Oranges	<b>October 18</b> B: Cereal & Toast  L: Country Fr Stk. w. Roll OR Grilled Cheese Mash. Potatoes Green Beans Apples	<b>October 19</b> B: Egg and Toast  L: Coney Dog OR Grilled Cheese Spinach Sw. Potato Fries Fruit Salad Jell-O	<b>October 20</b> B: Maple Breadstick  L: Taco Boat OR Grilled Cheese Carrots Refried Beans Bananas
	<b>October 23</b> B: Bagel  L: Baked Spaghetti w. Breadstick OR Chicken Sand. Corn Carrots & Dip Mand. Oranges	<b>October 24</b> B: Apple Bosco  L: General Tso's w. Rice OR Chicken Sand. Salad Roasted Broccoli Pineapples	<b>October 25</b> B: Cereal & Toast  L: Pancakes & Sausage OR Chicken Sand. Hash brown Veggie Juice Apples Jell-O	<b>October 26</b> B: Pizza  L: Chicken & Noodles w. Roll OR Chicken Sand. Mash. Potatoes Green Beans Bananas	<b>October 27</b> B:Cinnamon Raisin Toast L:Philly Cheesesteak OR Chicken Sand. Sw. Potatoes Baked Beans Pears Cake

MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY.