

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>Offer Vs. Serve 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>	September 4	September 5	September 6	September 7	September 8
	<p>LABOR DAY</p> <p>NO SCHOOL</p>	B: Poptart L: Cheese Pizza OR Cheeseburger Carrots Fries Pears	B: Cereal & Toast L: Chicken Fajitas OR Cheeseburger Salad Corn Baked Apples	B: Muffin L: BBQ Pork OR Cheeseburger Baked Beans Green Beans Mandarin Orag.	B: Granola bar L: Chicken Sand. OR Cheeseburger Sweet Potatoes Broccoli & Dip Fruit Cocktail
	<p>Septmeber 11</p> B: Donut L: Chicken Chunks w. Roll OR CFS Sand Green Beans Carrots Straw/Blue.	<p>September 12</p> B: Sausage & Biscuit L: Corndog OR CFS Sand Baked Beans Salad Applesauce Brownie	<p>September 13</p> B: Cereal & Toast L: Biscuit & Gravy Sausage OR CFS Sand Hash Browns Red Peppers Bananas	<p>September 14</p> B: French Toast L: Fish Sandwich OR CFS Sand Broccoli Tomatoes Peaches Jello	<p>September 15</p> B: Bagel L: Cheeseburger OR CFS Sand Buffalo Fries Salad Apples
	<p>September 18</p> B: Granola Bar L: Cheese Breadsticks OR Grilled Cheese Marinara Peas Applesauce Cookie	<p>September 19</p> B: Early Riser w. Toast L: Chicken Nuggets w. Mac and Cheese OR Grilled Cheese Celery Broccoli Mand Oranges	<p>September 20</p> B: Cereal & Toast L: Country Fr Stk. w. Roll OR Grilled Cheese Mash. Potatoes Green Beans Apples	<p>September 21</p> B: Egg and Toast L: Coney Dog OR Grilled Cheese Spinach Carrots & Dip Fruit Salad	<p>September 22</p> B: Muffin L: Taco Boat OR Grilled Cheese Tomatoes Salad Refried Beans Peaches
	<p>September 25</p> B: Biscuit & Egg L: Baked Spaghetti w. Breadstick OR Chicken Sand. Corn Carrots & Dip Mand. Oranges	<p>September 26</p> B: Apple Bosco L: General Tso's w. Rice OR Chicken Sand. Salad Roasted Broccoli Pineapples	<p>September 27</p> B: Cereal & Toast L: Pancakes & Sausage OR Chicken Sand. Hash brown Veggie Juice Apples	<p>September 28</p> B: Pizza L: Chicken & Noodles w. Roll OR Chicken Sand. Mashed Potatoes Green Beans Bananas	<p>September 29</p> B:Cinnamon Raisin Toast L:Philly Cheesesteak OR Chicken Sand. Sw. Potatoes Baked Beans Pears Cake