

OCTOBER 2021

All Schools

Meal Prices: Free/student \$2.00/adult



Meal Pices: Free/student \$2.00/adult Laurel Highlands School District is an E.O.E.

Substitute Positions under all categories including teacher, aide, school nurse, secretarial, custodian and cafeteria are available!

Menu may be subject to change without notice due delivery or supply issue.



OCTOBER 2021

Secondary

Minimum Daily Meal Requirements:

Meat/Meat Alternate—2 oz.

Vegetables—1 cup Fruit

1 cup Grains—2 oz.



Wednesday

Thursday

Friday

Menu may be subject to change without notice due delivery or supply issue.

Nacho Grande

(Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk

Toasted Grilled Cheese Tomato Soup, Sun Chips Fresh Fruit and Veggies,

Choice of Milk

General Tso's Chicken

Steamed Rice, Steamed Broccoli Fresh Fruit and Veggies Choice of Milk Chicken Salad

French Fries Fresh Fruit Choice of Milk Fish Sticks

McCain French Fries
Fresh Fruit and Veggie
Choice of Juice
Choice of Milk

Nacho Grande

(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

No School Act 80

Orange Chicken

Steamed Rice Steamed Broccoli Fresh Fruit and Veggies Choice of Milk Bacon Cheeseburger

French Fries
Fresh Fruit and Veggies
Choice of Milk

BBQ Chicken Quesadilla 1/1

Salsa, Sour Cream Tortilla Soup Fresh Fruit and Veggies, Choice of Milk Nacho Grande

(Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk

Berks Double Dogs

Tater Tots, Baked Beans Fresh Fruit and Veggies Choice of Milk

General Tso's Chicken

Steamed Rice, Steamed Broccoli Fresh Fruit and Veggies Choice of Milk

Cheesy Hamburger Mac

WG Roll, Green Peas Fresh Fruit and Veggies Choice of Milk

Roast Turkey and Gravy 🔈

Mashed Potatoes, WG Roll, Green Beans Fresh Fruit and Veggies, Choice of Milk

Nacho Grande

(Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk

Mustang Club Sandwich 25

Homemade Potato Soup Sun Chips Fresh Fruit and Veggies Choice of Milk

Orange Chicken

Steamed Rice Steamed Broccoli Fresh Fruit and Veggies Choice of Milk

Spaghetti and Meatballs 2

Garlic Breadstick Green Beans Fresh Apple Choice of Milk

Chicken and Waffles 28

Golden Corn
Fresh Fruit and Veggies
Choice of Milk

Nacho Grande

(Meat, Cheese and Salsa) Refried Beans/ Steamed Corn Apple Slices Choice of Milk

We are currently hiring substitutes for all positions including: teaching, aides, secretaries, café, custodial, and maintenance departments. Contact Kim Pegg at 724-437-2821 or visit us online at www.lhsd.org.

Laurel Highlands School District is an E.O.E.

Meal Prices: Student: Free Adult: \$3.50
Assorted Pizza, Sandwiches, Wraps, and Salads are available daily.