



BREAKFAST

AUGUST/SEPTEMBER 2021

All Schools

Meal Prices:
Free/student
\$2.00/adult

Monday

Choice of:
Breakfast Sandwich or
Mini Donuts
Choice of Juice
Choice of Milk

30

Tuesday

Choice of:
Pillsbury Pancakes or
Cinnamon Roll/Cereal/Donuts
Choice of Juice
Choice of Milk

31

Wednesday

Choice of:
Dutch Waffle or
Cereal/Pop-Tart
Apple Slices or Oranges
Choice of Juice
Choice of Milk

1

Thursday

Choice of:
Breakfast Pizza or
Pop-Tart/Cereal/Donuts
Choice of Juice
Choice of Milk

2

Friday

Choice of:
French Toast Sticks or
Donuts/Assorted Cereals
Choice of Juice
Choice of Milk

3

Choice of:
Breakfast Sandwich or
Mini Donuts
Choice of Juice
Choice of Milk

6

Choice of:
Pillsbury Pancakes or
Cinnamon Roll/Cereal/Donuts
Choice of Juice
Choice of Milk

7

Choice of:
Dutch Waffle or
Cereal/Pop-Tart
Choice of Juice
Choice of Milk

8

Choice of:
Breakfast Pizza or
Pop-Tart/Cereal/Donuts
Choice of Juice
Choice of Milk

9

Choice of:
French Toast Sticks or
Donuts/Assorted Cereals
Choice of Juice
Choice of Milk

10

Choice of:
Breakfast Sandwich or
Mini Donuts
Choice of Juice
Choice of Milk

13

Choice of:
Pillsbury Pancakes or
Cinnamon Roll/Cereal/Donuts
Choice of Juice
Choice of Milk

14

Choice of:
Dutch Waffle or
Cereal/Pop-Tart
Choice of Juice
Choice of Milk

15

Choice of:
Breakfast Pizza or
Pop-Tart/Cereal/Donuts
Choice of Juice
Choice of Milk

16

Choice of:
French Toast Sticks or
Donuts/Assorted Cereals
Choice of Juice
Choice of Milk

17

Choice of:
Breakfast Sandwich or
Mini Donuts
Choice of Juice
Choice of Milk

20

Choice of:
Pillsbury Pancakes or
Cinnamon Roll/Cereal/Donuts
Choice of Juice
Choice of Milk

21

Choice of:
Dutch Waffle or
Cereal/Pop-Tart
Choice of Juice
Choice of Milk

22

Choice of:
Breakfast Pizza or
Pop-Tart/Cereal/Donuts
Choice of Juice
Choice of Milk

23

Choice of:
French Toast Sticks or
Donuts/Assorted Cereals
Choice of Juice
Choice of Milk

24

Choice of:
Breakfast Sandwich or
Mini Donuts
Choice of Juice
Choice of Milk

27

Choice of:
Pillsbury Pancakes or
Cinnamon Roll/Cereal/Donuts
Choice of Juice
Choice of Milk

28

Choice of:
Dutch Waffle or
Cereal/Pop-Tart
Choice of Juice
Choice of Milk

29

Choice of:
Breakfast Pizza or
Pop-Tart/Cereal/Donuts
Choice of Juice
Choice of Milk

30



Meal Prices: 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!



AUGUST/SEPTEMBER 2021

SECONDARY

Minimum Daily Meal Requirements:

Meat/Meat Alternate—2 oz.

Vegetables—1 cup Fruit

1 cup Grains—2 oz.

Monday

Bacon 30
Cheeseburger
French Fries
Fresh Fruit and Veggies
Choice of Milk

Tuesday

Orange Chicken 31
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Wednesday

BBQ Pulled Pork 1
Mac 'n Cheese
WG Roll, Lima Beans
Fresh Fruit and Veggies
Choice of Milk

Thursday

Chicken Nuggets 2
Dinner Roll
Mashed Potatoes/Gravy
Fresh Fruit and Veggie
Choice of Milk

Friday

Nacho Grande 3
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

No School 6



General Tso's Chicken 7
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

BBQ Ham Sandwich 8
Oven Fries, Green Peas
Apple Sauce
Choice of Milk
Choice of Juice

Chicken and Waffles 9
Golden Corn
Fresh Fruit and Veggies
Choice of Milk

Nacho Grande 10
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

Baked Italian Hoagie 13
French Fries, Green Beans
Fresh Fruit and Veggies
Choice of Milk

Orange Chicken 14
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Spaghetti and Meatballs 15
WG Bun, Romaine Salad
Gr. Beans, Apple Slices
Choice of Milk
Choice of Juice

Tyson Chicken Tenders 16
French Fries
Fresh Fruit and Veggies
Choice of Milk

Nacho Grande 17
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

Berks Double Dogs 20
Tater Tots, Baked Beans
Fresh Fruit and Veggies
Choice of Milk

General Tso's Chicken 21
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

BBQ Chicken Quesadilla 22
Salsa, Sour Cream
Tortilla Soup
Fresh Fruit and Veggies
Choice of Milk

Tyson Popcorn Chicken 23
Soft Pretzel with cheese
Fresh Fruit and Veggies
Choice of Milk

Nacho Grande 24
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

Mustang Club Sandwich 27
Homemade Wedding
Soup, Sun Chips
Fresh Fruit and Veggies
Choice of Milk

Orange Chicken 28
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Toasted Grilled Cheese 29
Tomato Soup, Sun Chips
Fresh Fruit and Veggies,
Choice of Milk

Creamed Chicken and Biscuit 30
Mashed Potatoes
Diced Peaches
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 due to SSO

Adult: \$3.50

Assorted Pizza, Sandwiches, Wraps, and Salads are available