

LMCS Lunch Menu - October 2018



Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
1 Pork Rib on a Bun Romaine Lettuce Tomato Slice Sweet Potato Fries Banana Canned Fruit Choice (9-12)	2 Turkey & Cheese Sub Sandwich Romaine Lettuce Tomato Slice Oven Fries Applesauce Fresh Fruit Choice (9-12)	3 Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets Fresh Apple Canned Fruit Choice (9-12)	4 Pizza Quesadilla Chicken Tossed Salad Refried Beans Salsa, Fresh Oranges Canned Fruit Choice (9-12)	5 Corn Dog Green Beans Tator Tots Sidekick Fresh Fruit Choice (9-12)	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	636	636	771
					Sodium	1099	1099	1129
% of total Calories from Sat. Fat	8.2%	8.2%	8.2%					
8 Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Banana Fresh Fruit Choice (9-12)	9 Chili Red Bell Pepper Strips Fresh Apple Cinnamon Puff Tortilla Chips (9-12) Canned Fruit Choice (9-12)	10 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Canned Tropical Fruit Fresh Fruit Choice (9-12)	11 Mini Waffles Sausage Patty Tri Tator Cooked Carrots, Fresh Oranges Honey Apple Crisp (9-12) Canned Fruit Choice (9-12)	12 Grilled Cheese Sandwich Sweet Potato Fries Green Beans Applesauce Fresh Fruit Choice (9-12)	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	648	671	834
					Sodium	1124	1148	1222
% of total Calories from Sat. Fat	8.5%	8.30%	7.9%					
15 Hot Ham & Cheese on a bun Potato Wedges Fresh Broccoli Banana Canned Fruit Choice (9-12)	16 Chicken Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Peas Canned Pears Fresh Fruit Choice (9-12)	17 Taco Burger on a Bun Romaine & Tomato, Salsa Refried Beans Mixed Fruit Tortilla Chips (6-12) Fresh Fruit Choice (9-12)	18 Lasagna Garlic Bread Stick with Marinara Sauce Tossed Salad, Fresh Apple Chocolate Chip Cookie Canned Fruit Choice (9-12)	19 Cheese Pizza Fresh Broccoli Baby Carrots Sidekick Fresh Fruit Choice (9-12)	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	648	678	768
					Sodium	1164	1179	1206
% of total Calories from Sat. Fat	7.9%	8.3%	7.7%					
22 Cheese Boats with Marinara Sauce Tossed Salad Cooked Carrots Banana Canned Fruit Choice (9-12)	23 Super Nachos Refried Beans Corn Fresh Oranges Canned Fruit Choice (9-12)	24 Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes & Celery Sticks Canned Pineapple Canned Fruit Choice (9-12)	25 BBQ Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Apple Canned Fruit Choice (9-12)	26 No School	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	650	985	801
					Sodium	1070	1083	1145
% of total Calories from Sat. Fat	9.4%	9.2%	9.2%					
29 Chicken Tetrizzini Garlic Bread Stick Tossed Salad Peas Banana Canned Fruit Choice (9-12)	30 Hot Beef Sundae Green Beans Canned Peaches Whole Wheat Roll & Jelly Rice Krisipe Bar (9-12) Fresh Fruit Choice (9-12)	31 Hamburger on a Bun Romaine & Tomato Oven Fries Baby Carrots Ice Cream Treat Fresh Fruit Choice (9-12)	1 Sloppy Joe on a Bun Oven Fries Baked Beans Fresh Oranges Canned Fruit Choice (9-12)	2 Pepperoni Pizza Fresh Broccoli Grape Tomatoes Sidekick Fresh Fruit Choice (9-12)	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	637	663	784
					Sodium	857	893	966
% of total Calories from Sat. Fat	7.0%	6.9%	6.5%					
"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER " Menus are subject to change								
Reduced fat dressing is served with salads and fresh vegetables. All grain items are whole grain rich.								