

LMCS Lunch Menu - Sept. 2018



All lunches served also include a choice of non-fat milk (flavored or unflavored) or 1% milk (unflavored).

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
3 Labor Day	4 Hamburger on a Bun Romaine & Tomato Oven Fries Red Bell Pepper Strips Fresh Oranges Canned Fruit Choice (9-12)	5 Hot Beef Sundae Garlic Bread Stick Green Beans Canned Pears Apple Crisp (6-12) Fresh Fruit Choice (9-12)	6 Chicken Nuggets Savory Rice Oatmeal Roll & Jelly Fresh Broccoli, Grape Tomatoes Fresh Apple Canned Fruit Choice (9-12)	7 Sloppy Joe on a Bun Tator Tots Baked Beans Sidekick Fresh Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	637	663	784
					Sodium	857	893	966
					% of total Calories from Sat. Fat	7.00%	6.90%	6.50%
10 Beef & Bean Burrito Salsa Romaine & Tomato Corn, Fresh Banana Tortilla Chips (9-12) Canned Fruit Choice (9-12)	11 Stromboli Squares Tossed Salad Fresh Baby Carrots Canned Peaches Garlic Breadstick (9-12) Fresh Fruit Choice (9-12)	12 BBQ Beef on a Bun Creamy Cole Slaw Baked Beans Fresh Apple Royal Brownie (6-12) Canned Fruit Choice (9-12)	13 Country Style Pork Patty Mashed Potatoes & Gravy Fresh Broccoli Canned Pineapple Whole Wheat Roll & Jelly (6-12) Fresh Fruit Choice (9-12)	14 Turkey & Cheese Sub Sandwich Romaine & Tomato Sweet Potato Fries Fresh Oranges Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	633	681	798
					Sodium	1154	1195	1232
					% of total Calories from Sat. Fat	7.20%	6.90%	6.80%
17 Chicken Patty Ranch Mashed Potatoes Fresh Broccoli Banana Whole Wheat Roll & Jelly (6-12) Canned Fruit Choice (9-12)	18 Chicken Wrap Spanish Brown Rice Romaine & Tomato, Corn Sidekick Oatmeal Cookie (9-12) Fresh Fruit Choice (9-12)	19 Spaghetti with Meat Sauce Garlic Bread Stick Tossed Salad Fresh Oranges Green Beans Canned Fruit Choice (9-12)	20 Soft Shell Taco Tortilla Chips and Salsa Refried Beans Canned Pineapple Black Bean & Corn Salsa (9-12) Canned Fruit Choice (9-12)	21 Hot Dog on a Bun Oven Fries Fresh Baby Carrots Fresh Apple Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	645	692	788
					Sodium	1066	1113	1162
					% of total Calories from Sat. Fat	8.20%	7.80%	7.40%
24 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Banana Canned Fruit Choice (9-12)	25 BBQ Chicken on a Bun Baked Beans Creamy Cole Slaw Canned Apricots Fresh Fruit Choice (9-12)	26 White Chicken Chili Cornbread Muffin Grape Tomatoes Cucumber Slices Fresh Oranges Canned Fruit Choice (9-12)	27 Biscuits & Gravy Sausage Patty Peas Tri Tator Canned Tropical Fruit Fresh Fruit Choice (9-12)	28 Pepperoni Pizza Fresh Broccoli Fresh Baby Carrots Fresh Apple Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	640	654	839
					Sodium	1078	1107	1302
					% of total Calories from Sat. Fat	5.60%	5.80%	5.60%

"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.