

# LMCS Lunch Menu - December 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
3	4	5	6	7		K-5	6-8	9-12
Hamburger on a Bun Romaine & Tomato Oven Fries Banana Canned Fruit Choice (9-12)	White Chicken Chili Cornbread Cherry Tomatoes Cucumber Slices Fresh Oranges Canned Fruit Choice (9-12)	Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Canned Peaches Fresh Fruit Choice (9-12)	Biscuits & Gravy Sausage Patty Tri Tator Peas Fresh Apple Canned Fruit Choice (9-12)	Turkey & Cheese Sub Sandwich Romaine & Tomato Sweet Potato Fries Sidekick Fresh Fruit Choice (9-12)	Calories	648	671	834
					Sodium	1124	1148	1222
					% of total Calories from Sat. Fat	8.5%	8.3%	7.9%
10	11	12	13	14	Weekly Nutritional Averages			
Hot Ham & Cheese on a bun Potato Wedges Fresh Broccoli Banana Canned Fruit Choice (9-12)	Chicken Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Green Beans Canned Pears Canned Fruit Choice (9-12)	Taco Burger on a Bun Romaine Lettuce & Tomato Refried Beans Canned Peaches Tortilla Chips (6-12) Salsa Fresh Fruit Choice (9-12)	Lasagna Garlic Bread Stick with Marinara Sauce Tossed Salad, Apple M & M Cookie Canned Fruit Choice (9-12)	Pepperoni Pizza Fresh Broccoli Grape Tomatoes Sidekick Fresh Fruit Choice (9-12)	Calories	648	678	768
					Sodium	1164	1179	1206
					% of total Calories from Sat. Fat	7.9%	8.30%	7.7%
17	18	19	20	21	Weekly Nutritional Averages			
Chicken Tetrazinni Garlic Bread Tossed Salad Peas Banana Fresh Fruit Choice (9-12)	Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes, Celery Canned Pineapple Fresh Fruit Choice (9-12)	Super Nachos Refried Beans Corn Mixed Fruit Fresh Fruit Choice (9-12)	Hamburger on a Bun Romaine Lettuce & Tomato Oven Fries Red Bell Pepper Strips Fresh Oranges Canned Fruit Choice (9-12)	Garlic Cheese Bread Boats w/ Marinara Sauce Corn, Fresh Apple Tossed Salad Christmas Ice Cream Treat Canned Fruit Choice (9-12)	Calories	650	685	801
					Sodium	1070	1083	1145
					% of total Calories from Sat. Fat	9.4%	9.2%	9.2%
24	25	26	27	28	Weekly Nutritional Averages			
No School	No School	No School	No School	No School		K-5	6-8	9-12
					Calories			
					Sodium			
					% of total Calories from Sat. Fat			
<b>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER "</b> Menus are subject to change								
Reduced fat dressing is served with salads and fresh vegetables. All grain items are whole grain rich.								