

LMCS Lunch Menu - November 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
29 Chicken Tetrizzini Garlic Bread Stick Tossed Salad Peas Banana Fresh 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)		K-5	6-8	9-12
					Calories	637	663	784
					Sodium % of total Calories from Sat. Fat	857	893	966
						7.0%	6.9%	6.5%
5 Max Wrap Chili Cheese Tossed Salad Corn Banana Canned Fruit Choice (9-12)	6 Country Style Pork Patty Mashed Potatoes & Gravy Fresh Broccoli Canned Pineapple Whole Wheat Roll & Jelly (6-12) Fresh Fruit Choice (9-12)	7 BBQ Beef on a Bun Creamy Cole Slaw Baked Beans Canned Peaches Royal Brownie (6-12) Fresh Fruit Choice (9-12)	8 Stromboli Tossed Salad Baby Carrots Fresh Oranges Garlic Break Stick (9-12) Canned Fruit Choice (9-12)	9 Turkey & Cheese Sub Sandwich Romaine & Tomato Sweet Potato Fries Fresh Apple Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	633	681	798
					Sodium % of total Calories from Sat. Fat	1154	1195	1232
						7.2%	6.90%	6.8%
12 Chicken Wrap Spanish Brown Rice Romaine & Tomato Corn, Banana Cookie (9-12) Canned Fruit Choice (9-12)	13 Chicken Nuggets Ranch Mashed Potatoes Peas Tropical Fruit Fresh Fruit Choice (9-12)	14 Spaghetti w/ Meat Sauce Garlic Breadstick Tossed Salad Green Beans Canned Peaches Fresh Fruit Choice (9-12)	15 Walking Taco Romaine & Tomato Salsa Refried Beans Fresh Oranges Canned Fruit Choice (9-12)	16 Hot Dog on a Bun Oven Fries Fresh Broccoli Sidekick Fresh Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	645	692	788
					Sodium % of total Calories from Sat. Fat	1066	1113	1162
						8.20%	7.8%	7.4%
19 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Oranges Canned Fruit Choice (9-12)	20 Cheese Pizza Fresh Broccoli Fresh Baby Carrots Fresh Apple Ice Cream Treat Canned Fruit Choice (9-12)	21 No School	22 No School Happy Thanksgiving!	23 No School		K-5	6-8	9-12
					Calories	640	654	839
					Sodium % of total Calories from Sat. Fat	1078	1107	1302
						5.6%	5.8%	5.6%
26 Chicken Quesadilla Pizza Salsa Refried Beans Banana Tortilla Chips (9-12) Fresh Fruit Choice (9-12)	27 Corn Dog Green Beans Tator Tots Mixed Fruit Snickerdoodle Fresh Fruit Choice (9-12)	28 Pork Rib on a Bun Romaine & Tomato Sweet Potato Fries Canned Pears Fresh Fruit Choice (9-12)	29 Taco Soup Tortilla Chips & Salsa Fresh Broccoli Fresh Oranges Canned Fruit Choice (9-12)	30 Mini Waffles Sausage Patty Tri Tator Cooked Carrots Fresh Apple Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	636	636	771
					Sodium % of total Calories from Sat. Fat	1099	1099	1129
						8.2%	8.2%	8.2%
"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.								