

# LMCS Lunch Menu - January 2019



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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b> Turkey & Cheese Sub Sandwich Romaine & Tomato Tator Tots Fresh Oranges <b>Canned Fruit Choice (9-12)</b>	<b>4</b> Cheese Pizza Fresh Broccoli Baby Carrots Sidekick <b>Fresh Fruit Choice (9-12)</b>		K-5	6-8	9-12
					Calories	633	681	798
					Sodium % of total Calories from Sat. Fat	1154	1195	1232
						7.2%	6.9%	6.8%
<b>7</b> Chicken Gravy over Mashed Potatoes Garlic Bread Stick Fresh Baby Carrots, Banana <b>Rice Krispie Bar (9-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>8</b> Chicken Wrap Spanish Brown Rice Romaine Lettuce & Tomato Peas, Tropical Fruit <b>Cookie (9-12)</b> <b>Fresh Fruit Choice (9-12)</b>	<b>9</b> Spaghetti w/ Meat Sauce Garlic Bread Stick Tossed Salad Green Beans Fresh Oranges <b>Canned Fruit Choice (9-12)</b>	<b>10</b> Walking Taco Romaine Lettuce & Tomato Salsa Refried Beans Fresh Apple <b>Canned Fruit Choice (9-12)</b>	<b>11</b> Hot Dog on a Bun Oven Fries Fresh Broccoli Apple Sauce <b>Noon Dismissal Today</b>	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	645	692	788
					Sodium % of total Calories from Sat. Fat	1066	1113	1162
						8.2%	7.80%	7.4%
<b>14</b> Mini Meatball Sub Ranch Potato Wedges Tossed Salad Banana <b>Canned Fruit Choice (9-12)</b>	<b>15</b> White Chicken Chili Cornbread Grape Tomatoes Cucumber Slices Canned Peaches <b>Fresh Fruit Choice (9-12)</b>	<b>16</b> BBQ Chicken on a Bun Baked Beans Creamy Cole Slaw Fresh Oranges <b>Canned Fruit Choice (9-12)</b>	<b>17</b> Biscuits & Gravy Sausage Patty Peas Tri Tator Fresh Apple <b>Canned Fruit Choice (9-12)</b>	<b>18</b> Cheese Pizza Fresh Broccoli Fresh Baby Carrots Sidekick <b>Fresh Fruit Choice (9-12)</b>	Weekly Nutritional Averages			
						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%
<b>21</b> Corn Dog Green Beans Tator Tots Banana Snickerdoodle Cookie <b>Canned Fruit Choice (9-12)</b>	<b>22</b> Taco Soup Tortilla Chips & Salsa Fresh Broccoli Strawberry Cup <b>Fresh Fruit Choice (9-12)</b>	<b>23</b> Pork Rib on a Bun Romaine & Tomato Sweet Potato Fries Mixed Fruit <b>Fresh Fruit Choice (9-12)</b>	<b>24</b> Chicken Pizza Quesadilla Tossed Salad Refried Beans Fresh Apple <b>Canned Fruit Choice (9-12)</b>	<b>25</b> Mini Waffles Sausage Patty Tri Tator Corn Fresh Oranges <b>Canned Fruit Choice (9-12)</b>	Weekly Nutritional Averages			
						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%
<b>28</b> Hamburger on a Bun Romaine Lettuce & Tomato Oven Fries Banana <b>Canned Fruit Choice (9-12)</b>	<b>29</b> Chili Red Bell Pepper Strips Fresh Oranges Cinnamon Puff <b>Tortilla Chips (9-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>30</b> Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Canned Pears <b>Fresh Fruit Choice (9-12)</b>	<b>31</b> Teriyaki Chicken Seasoned Brown Rice Green Beans Canned Pineapple <b>Honey Apple Crisp (6-12)</b> <b>Fresh Fruit Choice (9-12)</b>	<b>1</b> Pepperoni Pizza Fresh Broccoli Fresh Baby Carrots Sidekick <b>Fresh Fruit Choice (9-12)</b>	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	648	671	834
					Sodium % of total Calories from Sat. Fat	1124	1148	1222
						8.5%	8.3%	7.9%
<b>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER " Menus are subject to change</b>								
Reduced fat dressing is served with salads and fresh vegetables. All grain items are whole grain rich.								