

LMCS Lunch Menu - February 2019



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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
				1 Pepperoni Pizza Fresh Broccoli Fresh Baby Carrots Sidekick Fresh Fruit Choice (9-12)		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%
					Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	648	678	768
					Sodium % of total Calories from Sat. Fat	1164	1179	1206
						7.9%	8.30%	7.7%
					Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	650	685	801
					Sodium % of total Calories from Sat. Fat	1070	1083	1145
						9.4%	9.2%	9.2%
					Weekly Nutritional Averages			
						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%
					Weekly Nutritional Averages			
						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%
					"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.			