

LMCS Lunch Menu - March 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 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%	6.9%	6.8%
					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%
					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%
					Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories			
					Sodium % of total Calories from Sat. Fat			
					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%
"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.								