

LMCS Lunch Menu - April 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 Hot Ham & Cheese on a Bun Potato Wedges Green Beans Banana Canned Fruit Choice (9-12)	2 Chicken Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Peas Applesauce Fresh Fruit Choice (9-12)	3 Taco Burger on a Bun Romaine & Tomato Refried Beans Fresh Oranges Tortilla Chips (6-12) & Salsa Canned Fruit Choice (9-12)	4 NOON DISMISSAL Hot Dog on a Bun Tater Tots Fresh Broccoli Fresh Apple Canned Fruit Choice (9-12)	5 Cheese Pizza Tossed Salad Grape Tomatoes Sidekick Fresh Fruit Choice (9-12)				
						K-5	6-8	9-12
					Calories	648	678	768
					Sodium % of total Calories from Sat. Fat	1164	1179	1206
						7.9%	8.3%	7.7%
8 Mini Waffles Sausage Patty Tater Tots Cooked Carrots Banana Canned Fruit Choice (9-12)	9 Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes Celery Sticks, Pineapple Fresh Fruit Choice (9-12)	10 Walking Tacos Romaine & Tomato Refried Beans Mixed Fruit Fresh Fruit Choice (9-12)	11 BBQ Pork Sandwich Creamy Coleslaw Baked Beans Fresh Apple Canned Fruit Choice (9-12)	12 Cheese Boats w/ Marinara Sauce Corn Tossed Salad Fresh Oranges Fresh Fruit Choice (9-12)				
						K-5	6-8	9-12
					Calories	650	685	801
					Sodium % of total Calories from Sat. Fat	1070	1083	1145
						9.4%	9.20%	9.2%
15 Chicken Tetrzzini Garlic Breadstick Tossed Salad Peas Banana Canned Fruit Choice (9-12)	16 Hamburger on a Bun Romaine & Tomato Oven Fries Red Bell Pepper Strips Fresh Oranges Canned Fruit Choice (9-12)	17 Sloppy Joe on a Bun Tater Tots Baked Beans Fresh Oranges Canned Fruit Choice (9-12)	18 Toasted Ham & Cheese Sandwich Sweet Potato Fries Tossed Salad Applesauce Fresh Fruit Choice (9-12)	19 No School				
						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%
22 Country Style Pork Patty Ranch Mashed Potatoes Green Beans Banana Whole Wheat Roll & Jelly (6-12) Canned Fruit Choice (9-12)	23 Stromboli Squares Tossed Salad Fresh Baby Carrots Canned Peaches Garlic Breadstick (9-12) Fresh Fruit Choice (9-12)	24 BBQ Beef on a Bun Peas Baked Beans Fresh Apple Royal Brownie (6-12) Canned Fruit Choice (9-12)	25 Turkey & Cheese Sub Sandwich Romaine & Tomato Sweet Potato Fries Fresh Oranges Canned Fruit Choice (9-12)	26 Crispito Diced Tomato Corn Salsa Sidekick Fresh 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%
29	30							
						K-5	6-8	9-12
					Calories			
					Sodium % of total Calories from Sat. Fat			

"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.