

# LMCS Lunch Menu - May 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>29</b> Hot Dog on a Bun Oven Fries Green Beans Banana Canned Fruit Choice (9-12)	<b>30</b> Chicken Wrap Spanish Brown Rice Romaine & Tomato Corn, Tropical Fruit Cookie (9-12) Fresh Fruit Choice (9-12)	<b>1</b> Spaghetti w/ Meat Sauce Garlic Bread Stick Tossed Salad Peas Fresh Oranges Canned Fruit Choice (9-12)	<b>2</b> Soft Shell Taco Tortilla Chips & Salsa Refried Beans Fresh Apple Canned Fruit Choice (9-12)	<b>3</b> Cheese Pizza Fresh Broccoli Fresh Baby Carrots Sidekick Fresh Fruit Choice (9-12)	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%	7.8%	7.4%
<b>6</b> Mini Meatball Sub Ranch Potato Wedges Tossed Salad Banana Canned Fruit Choice (9-12)	<b>7</b> BBQ Chicken on a Bun Baked Beans Creamy Cole Slaw Canned Peaches Fresh Fruit Choice (9-12)	<b>8</b> Turkey & Cheese Sub Sandwich Romaine & Tomato Tater Tots Fresh Oranges Canned Fruit Choice (9-12)	<b>9</b> Biscuits & Gravy Sausage Patty Peas Tri Tater Canned Pineapple Fresh Fruit Choice (9-12)	<b>10</b> Pepperoni Pizza Tossed Salad Grape Tomatoes Sidekick Fresh Fruit Choice (9-12)	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%	5.80%	5.6%
<b>13</b> Mini Waffles Sausage Patty Tri Tater Cooked Carrots Banana Canned Fruit Choice (9-12)	<b>14</b> Corn Dog Green Beans Tater Tots Mixed Fruit M & M Cookie Fresh Fruit Choice (9-12)	<b>15</b> Crispito Romaine & Tomato Corn Salsa Fresh Oranges Canned Fruit Choice (9-12)	<b>16</b> Chicken Quesadilla Pizza Tossed Salad Refried Beans Canned Pears Fresh Fruit Choice (9-12)	<b>17</b> Pork Rib on a Bun Romaine & Tomato Sweet Potato Fries Fresh Apple Canned Fruit Choice (9-12)	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>20</b> Hamburger on a Bun Romaine & Tomato Oven Fries Banana Canned Fruit Choice (9-12)	<b>21</b> Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes & Celery Canned Pineapple Fresh Fruit Choice (9-12)	<b>22</b> Country Style Pork Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Oranges Canned Fruit Choice (9-12)	<b>23</b> BBQ Pork on a Bun Creamy Cole Slaw Baked Beans Fresh Apple Canned Fruit Choice (9-12)	<b>24</b> Pepperoni Pizza Tossed Salad Fresh Baby Carrots Sidekick Fresh Fruit Choice (9-12)	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>27</b>  NO SCHOOL	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories			
					Sodium % of total Calories from Sat. Fat			
<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.								