

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			
29 Hot Dog on a Bun Oven Fries Green Beans Banana Canned Fruit Choice (9-12)	30 Chicken Wrap Spanish Brown Rice Romaine & Tomato Corn, Tropical Fruit Cookie (9-12) Fresh Fruit Choice (9-12)	1 Spaghetti w/ Meat Sauce Garlic Bread Stick Tossed Salad Peas Fresh Oranges Canned Fruit Choice (9-12)	2 Soft Shell Taco Tortilla Chips & Salsa Refried Beans Fresh Apple Canned Fruit Choice (9-12)	3 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%
6 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Banana Canned Fruit Choice (9-12)	7 BBQ Chicken on a Bun Baked Beans Creamy Cole Slaw Canned Peaches Fresh Fruit Choice (9-12)	8 Turkey & Cheese Sub Sandwich Romaine & Tomato Tater Tots Fresh Oranges Canned Fruit Choice (9-12)	9 Biscuits & Gravy Sausage Patty Peas Tri Tater Canned Pineapple Fresh Fruit Choice (9-12)	10 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%
13 Mini Waffles Sausage Patty Tri Tater Cooked Carrots Banana Canned Fruit Choice (9-12)	14 Corn Dog Green Beans Tater Tots Mixed Fruit M & M Cookie Fresh Fruit Choice (9-12)	15 Crispito Romaine & Tomato Corn Salsa Fresh Oranges Canned Fruit Choice (9-12)	16 Chicken Quesadilla Pizza Tossed Salad Refried Beans Canned Pears Fresh Fruit Choice (9-12)	17 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%
20 Hamburger on a Bun Romaine & Tomato Oven Fries Banana Canned Fruit Choice (9-12)	21 Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes & Celery Canned Pineapple Fresh Fruit Choice (9-12)	22 Country Style Pork Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Oranges Canned Fruit Choice (9-12)	23 BBQ Pork on a Bun Creamy Cole Slaw Baked Beans Fresh Apple Canned Fruit Choice (9-12)	24 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%
27 NO SCHOOL	28 Hot Dog on a Bun Oven Fries Green Beans Fruit Fruit Choice (9-12)	29 Popcorn Chicken Tater Tots Peas Fruit Fruit Choice (9-12)	30 Pizza Fresh Broccoli Fresh Baby Carrots Fruit Fruit Choice (9-12)	31 Turkey Cheese Sub Sandwich Romaine & Tomato Tater Tots Fruit Ice Cream Treat 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%
"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.								