

LMCS Lunch Menu - August 2019



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

| Monday | Tuesday | Wednesday | Thursday | Friday | 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 | | | |
| | | | | | Sodium | | | |
| | | | | | % of total Calories from Sat. Fat | | | |
| 19 | 20 | 21 | 22 | 23 Hot Dog on a Bun Tator Tots Green Beans Sidekick Fresh Fruit Choice (9-12) | Weekly Nutritional Averages | | | |
| | | | | | | K-5 | 6-8 | 9-12 |
| | | | | | Calories | 648 | 678 | 768 |
| | | | | | Sodium | 1164 | 1179 | 1206 |
| | | | | | % of total Calories from Sat. Fat | 7.90% | 8.30% | 7.70% |
| 26 Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Banana Canned Fruit Choice (9-12) | 27 Orange Chicken Seasoned Brown Rice Asian Fresh Veges Grape Tomatoes, Celery Sticks Canned Pineapple Fresh Fruit Choice (9-12) | 28 Taco Burger on a Bun Salsa Romaine & Tomato Refried Beans, Canned Peaches Tortilla Chips (6-12) Fresh Fruit Choice (9-12) | 29 BBQ Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Apple Canned Fruit Choice (9-12) | 30 Pizza Tossed Salad Grape Tomatoes Fresh Orange Canned Fruit Choice (9-12) | Weekly Nutritional Averages | | | |
| | | | | | | K-5 | 6-8 | 9-12 |
| | | | | | Calories | 650 | 685 | 801 |
| | | | | | Sodium | 1070 | 1083 | 1145 |
| | | | | | % of total Calories from Sat. Fat | 9.40% | 9.20% | 9.20% |
| "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. | | | | | | | | |