

LMCS Lunch Menu - October 2019



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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
30 Corn Dog Green Beans Tater Tots Banana Snickerdoodle Cookie Canned Fruit Choice (9-12)	1 Mini Waffles Sausage Patty Tri Tater Cooked Carrots Apple Sauce Fresh Fruit Choice (9-12)	2 Turkey & Cheese Sub Sandwich Romaine & Tomato Oven Fries Fresh Apple Canned Fruit Choice (9-12)	3 Chicken Quesadilla Pizza Refried Beans Corn, Canned Peaches Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Fresh Fruit Choice (9-12)	4 Pork Rib on a Bun Romaine Lettuce Tomato Slice Sweet Potato Fries Fresh Oranges Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	636	636	771
					Sodium	1099	1099	1129
					% of total Calories from Sat. Fat	8.2%	8.2%	8.2%
7 Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Banana Fresh Fruit Choice (9-12)	8 White Chicken Chili Cornbread Grape Tomatoes Cucumber Slices Fresh Oranges Canned Fruit Choice (9-12)	9 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Canned Pineapple Fresh Fruit Choice (9-12)	10 Crispitos Romaine Lettuce Diced Tomato Corn, Salsa Fresh Apple Canned Fruit Choice (9-12)	11 Cheese 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	1124	1148	1222
					% of total Calories from Sat. Fat	8.5%	8.30%	7.9%
14 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Banana Fresh Fruit Choice (9-12)	15 Chicken Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Green Beans Canned Pears Fresh Fruit Choice (9-12)	16 Taco Burger on a Bun Romaine & Tomato Refried Beans Fresh Oranges Tortilla Chips (6-12) and salsa Canned Fruit Choice (9-12)	17 Lasagna Garlic Bread Stick w/ Marinara Tossed Salad Fresh Apple Chocolate Chip Cookie Canned Fruit Choice (9-12)	18 Pepperoni Pizza Tossed Salad Grape Tomatoes 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	7.9%	8.3%	7.7%
21 Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes/Celery Sticks Canned Pineapple Fresh Fruit Choice (9-12)	22 Country Style Pork Patty Mashed Potatoes & Gravy Green Beans Banana Whole Wheat Roll & Jelly Canned Fruit Choice (9-12)	23 Walking Tacos Romaine & Tomato Salsa Corn Fresh Oranges Canned Fruit Choice (9-12)	24 BBQ Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Apple Canned Fruit Choice (9-12)	25 Hamburger on a Bun Romaine & Tomato Oven Fries Fresh Baby Carrots Canned Peaches Fresh Fruit Choice (9-12)	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	650	985	801
					Sodium	1070	1083	1145
					% of total Calories from Sat. Fat	9.4%	9.2%	9.2%
28 Chicken Tetrzinni Garlic Bread Stick Tossed Salad Peas Banana Canned Fruit Choice (9-12)	29 Turkey Gravy over Mashed Potatoes Corn, Applesauce Blueberry Oat Square Whole Wheat Bread (9-12) Fresh Fruit Choice (9-12)	30 Sloppy Joe on a Bun Potato Wedges Baked Beans Fresh Oranges Canned Fruit Choice (9-12)	31 Cheese Pizza Tossed Salad Fresh Baby Carrots Sidekick Fresh Fruit Choice (9-12)	1 NO SCHOOL Fresh Fruit Choice (9-12)	Weekly Nutritional Averages			
						K-5	6-8	9-12
					Calories	637	663	784
					Sodium	857	893	966
					% of total Calories from Sat. Fat	7.0%	6.9%	6.5%

"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.