

LMCS Lunch Menu - Sept. 2019



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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutritional Averages			
2 Labor Day	3 Chicken Tetrizzini Garlic Bread Stick Tossed Salad Peas Banana Canned Fruit Choice (9-12)	4 Chicken Nuggets Savory Rice Fresh Broccoli Grape Tomatoes Canned Fruit Choice (9-12)	5 Sloppy Joe on a Bun Oven Fries Baked Beans Fresh Apple Canned Fruit Choice (9-12)	6 Turkey Cheese Sub Sandwich Sweet Potato Fries Green Beans Canned Peaches Fresh Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	637	663	784
					Sodium	857	893	966
					% of total Calories from Sat. Fat	7.00%	6.90%	6.50%
9 Pork Rib on a Bun Romaine & Tomato Corn Banana Canned Fruit Choice (9-12)	10 Hamburger on a Bun Romaine & Tomato Oven Fries Baby Carrots Fresh Oranges Canned Fruit Choice (9-12)	11 Chicken Patty Oven Wedges Tossed Salad Canned Peaches Whole Grain Bread & Jelly (6-12) Fresh Fruit Choice (9-12)	12 Hot Dog on a Bun Tater Tots Baked Beans Fresh Apple Canned Fruit Choice (9-12)	13 Pizza Fresh Broccoli Fresh Baby Carrots Sidekick Fresh Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	633	681	798
					Sodium	1154	1195	1232
					% of total Calories from Sat. Fat	7.20%	6.90%	6.80%
16 Chicken Nuggets Tater Tots Fresh Broccoli Banana Canned Fruit Choice (9-12)	17 Chicken Wrap Spanish Brown Rice Romaine & Tomato Corn, Tropical Fruit Oatmeal Cookie (9-12) Fresh Fruit Choice (9-12)	18 Spaghetti with Meat Sauce Garlic Bread Stick Tossed Salad Green Beans Fresh Oranges Canned Fruit Choice (9-12)	19 Walking Taco Romaine & Tomato Salsa, Canned Peaches Refried Beans Cinnamon Puff (6-12) Fresh Fruit Choice (9-12)	20 Toasted Turkey & Cheese Oven Fries Fresh Baby Carrots Fresh Apple Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	645	692	788
					Sodium	1066	1113	1162
					% of total Calories from Sat. Fat	8.20%	7.80%	7.40%
23 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Banana Canned Fruit Choice (9-12)	24 BBQ Chicken on a Bun Baked Beans Creamy Cole Slaw Canned Mixed Fruit Fresh Fruit Choice (9-12)	25 Soft Shell Taco Romaine & Diced Tomato Corn Tortilla Chips, Salsa Fresh Oranges Canned Fruit Choice (9-12)	26 Biscuits & Gravy Sausage Patty Peas Tri Tater Canned Pears Fresh Fruit Choice (9-12)	27 Cheese Pizza Fresh Broccoli Fresh Baby Carrots Fresh Apple Canned Fruit Choice (9-12)		K-5	6-8	9-12
					Calories	640	654	839
					Sodium	1078	1107	1302
					% of total Calories from Sat. Fat	5.60%	5.80%	5.60%

"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.