

LMCS Lunch Menu - Sept. 2020



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

Monday	Tuesday	Wednesday	Thursday	Friday
Aug. 31 Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes, Celery Canned Fruits Fresh Fruit Choice (9-12)	1 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Canned Fruit Fresh Fruit Choice (9-12)	2 Pork Rib on a Bun Romaine & Tomato Baked Beans Sweet Potato Fries Fresh Fruit Canned Fruit Choice (9-12)	3 Corn Dog Green Beans Tater Tots Canned Fruit Snickerdoodle Cookie Canned Fruit Choice (9-12)	4 Pepperoni Pizza Tossed Salad Baby Carrots Fresh Fruit Canned Fruit Choice (9-12)
7 Labor Day No School	8 Biscuits & Gravy Sausage Patty Peas Tri Tater Fresh Fruit Canned Fruit Choice (9-12)	9 Super Nachos Refried Beans Corn Fresh Fruit Canned Fruit Choice (9-12)	10 BBQ Pork Sandwich Creamy Coleslaw Baked Beans Fresh Fruit Canned Fruit Choice (9-12)	11 Garlic Cheese Boat w/ Marinara Sauce Green Beans Tossed Salad Fresh Fruit Canned Fruit Choice (9-12)
14 Chicken Tetrazzini Garlic Breadstick Tossed Salad Peas Canned Fruit Fresh Fruit Choice (9-12)	15 Chicken Nuggets Savory Rice Whole Wheat Roll & Jelly Fresh Broccoli Grape Tomatoes, Fresh Fruit Canned Fruit Choice (9-12)	16 No School	17 Sloppy Joe on a Bun Tater Tots Baked Beans Fresh Fruit Canned Fruit Choice (9-12)	18 Hamburger on a Bun Oven Wedges Romaine & Tomato Canned Fruit Fresh Fruit Choice (9-12)
21 Beef & Bean Burrito Salsa Romaine & Tomato Corn, Fresh Fruit Tortilla Chips (9-12) Canned Fruit Choice (9-12)	22 Stromboli Tossed Salad Baby Carrots Canned Fruit Garlic Breadstick (9-12) Fresh Fruit Choice (9-12)	23 BBQ Beef on a Bun Peas Baked Beans Fresh Fruit Royal Brownie (6-12) Canned Fruit Choice (9-12)	24 Country Style Pork Pattie Mashed Potatoes & Gravy Fresh Broccoli Fresh Fruit Whole Wheat Roll & Jelly (6-12) Canned Fruit Choice (9-12)	25 Turkey & Cheese Sub Sandwich Romaine & Tomato Sweet Potato Fries Fresh Fruit Canned Fruit Choice (9-12)
28 Hot Dog on a Bun Oven Fries Fresh Broccoli Fresh Fruit Canned Fruit Choice (9-12)	29 Chicken Wrap Spanish Brown Rice Romaine & Tomato Corn, Canned Fruit Oatmeal Cookie (9-12) Fresh Fruit Choice (9-12)	30 Spaghetti w/ Meat Sauce Garlic Bread Stick Tossed Salad Green Beans Fresh Fruit Canned Fruit Choice (9-12)		
"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. No salad bar or potato bar options.				