

LMCS Lunch Menu - Sept. 2021



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

Monday	Tuesday	Wednesday	Thursday	Friday
30 Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes, Celery Sticks Canned Pineapple Fresh Fruit Choice (9-12)	31 Spaghetti w/ Meat Sauce Garlic Breadstick Tossed Salad Canned Green Beans Fresh Banana Canned Fruit Choice (9-12)	1 Super Nachos Refried Beans, Fresh Fruit Corn Canned Mixed Fruit Fresh Fruit Choice (9-12)	2 Pulled Pork on a Bun Creamy Coleslaw Canned Baked Beans Fresh Oranges Canned Fruit Choice (9-12)	3 Cheese Breadsticks w/ Marinara Sauce Canned Green Beans Tossed Salad Fresh Apple Canned Fruit Choice (9-12)
6 Labor Day No School	7 Chicken Tetrizzini Garlic Breadstick Tossed Salad Peas Fresh Banana Canned Fruit Choice (9-12)	8 Sloppy Joe on a Bun Potato Wedges Canned Baked Beans Fresh Oranges Canned Fruit Choice (9-12)	9 Chicken Patty Savory Rice Oatmeal Roll & Jelly Fresh Broccoli, Fresh Apple Fresh Cherry Tomatoes Canned Fruit Choice (9-12)	10 Hamburger on a Bun Romaine and Tomato Oven Fries Red Bell Pepper Strips Apple Sauce Fresh Fruit Choice (9-12)
13 BBQ Chicken on a Bun Peas Canned Baked Beans Fresh Banana Royal Brownie (6-12) Canned Fruit Choice (9-12)	14 Stromboli Squares Tossed Salad Fresh Baby Carrots Canned Peaches Garlic Breadstick (9-12) Fresh Fruit Choice (9-12)	15 No School Canned Fruit Choice (9-12)	16 Country Style Pork Pattie Mashed Potatoes & Jelly Steamed Broccoli Fresh Oranges Whole Grain Roll & Jelly (6-12) Canned Fruit Choice (9-12)	17 Turkey & Cheese Sub Sandwich Romaine & Tomato Sweet Potato Fries Fresh Apple Canned Fruit Choice (9-12)
20 Cheddarwurst on a Bun Oven Fries Broccoli w/ Cheese Fresh Banana Canned Fruit Choice (9-12)	21 Chicken Wrap Spanish Brown Rice Romaine & Diced Tomato Corn, Canned Tropical Fruit Oatmeal Cookie (9-12) Fresh Fruit Choice (9-12)	22 Walking Taco Salsa Refried Beans Fresh Apple Cinnamon Puff (6-12) Canned Fruit Choice (9-12)	23 Chicken Nuggets Ranch Mashed Potatoes Fresh Baby Carrots Fresh Grapes Whole Grain Roll (6-12) Canned Fruit Choice (9-12)	24 Cheese Bosco Sticks Marinara Sauce Tossed Salad Green Beans Fresh Oranges Canned Fruit Choice (9-12)
27 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Banana Canned Fruit Choice (9-12)	28 BBQ Chicken on a Bun Baked Beans Creamy Coleslaw Canned Apricots Fresh Fruit Choice (9-12)	29 Toasted Turkey & Cheese Sandwich Cherry Tomatoes Cucumber Slices Fresh Apple Canned Fruit Choice (9-12)	30 Cheese Pizza Fresh Broccoli Fresh Baby Carrots Canned Tropical Fruit Fresh 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.