

# LMCS Lunch Menu - October 2021



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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Hot Dog on a Bun Oven Fries Tossed Salad Sidekick  <b>Canned Fruit Choice (9-12)</b>
<b>4</b> Hamburger on a Bun Romaine & Tomato Oven Fries Canned Pears  <b>Fresh Fruit Choice (9-12)</b>	<b>5</b> Chicken Nuggets Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Banana  <b>Canned Fruit Choice (9-12)</b>	<b>6</b>  NO SCHOOL	<b>7</b> Chili Red Pepper Strips Cinnamon Puff Orange Slices Tortilla Chips (9-12)  <b>Canned Fruit Choice (9-12)</b>	<b>8</b> Macaroni & Cheese Meatballs Peas, Apple Baby Carrots Bread & Jelly (6-12)  <b>Canned Fruit Choice (9-12)</b>
<b>11</b> Pork Rib on a Bun Romaine & Tomato Sweet Potato Fries Canned Peaches  <b>Fresh Fruit Choice (9-12)</b>	<b>12</b> Chicken Quesadilla Refried Beans Banana Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12)  <b>Canned Fruit Choice (9-12)</b>	<b>13</b> Taco Soup Tortilla Chips & Salsa Banana Apple  <b>Canned Fruit Choice (9-12)</b>	<b>14</b> Chicken Tetrizzini Garlic Breadstick Peas Tossed Salad Orange Slices  <b>Canned Fruit Choice (9-12)</b>	<b>15</b> Corn Dog Green Beans Tater Tots Snickerdoodle Cookie Sidekick  <b>Canned Fruit Choice (9-12)</b>
<b>18</b> Mini Meatball Sub Ranch Potato Wedges Tossed Salad Canned Apricot Halves  <b>Fresh Fruit Choice (9-12)</b>	<b>19</b> BBQ Chicken on a Bun Baked Beans Creamy Coleslaw Banana  <b>Canned Fruit Choice (9-12)</b>	<b>20</b> Turkey & Cheese Sub Romaine & Tomato Sweet Potato Fries Orange Slices  <b>Canned Fruit Choice (9-12)</b>	<b>21</b> Biscuits & Gravy Sausage Patty Peas Tri Tater Apple  <b>Canned Fruit Choice (9-12)</b>	<b>22</b> Pepperoni Pizza Broccoli Baby Carrots Grapes  <b>Canned Fruit Choice (9-12)</b>
<b>25</b> Hot Ham & Cheese Potato Wedges Broccoli Canned Pears  <b>Fresh Fruit Choice (9-12)</b>	<b>26</b> Chicken Patty Roll & Honey Mashed Potatoes & Gravy Green Beans Banana  <b>Canned Fruit Choice (9-12)</b>	<b>27</b> Taco Burger on a Bun Canned Peaches Romaine & Tomato Refried Beans Tortilla Chips & Salsa (6-12)  <b>Fresh Fruit Choice (9-12)</b>	<b>28</b> Lasagna Garlic Breadstick Marinara Sauce Tossed Salad, Apple Chocolate Chip Cookie  <b>Canned Fruit Choice (9-12)</b>	<b>29</b> Bosco Sticks Marinara Sauce Baby Carrots Tossed Salad Fresh Grapes  <b>Canned Fruit Choice (9-12)</b>
<b>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER " Menus are subject to change</b>				
Reduced fat dressing is served with salads and fresh vegetables. All grain items are whole grain rich.				