

LMCS Lunch Menu - January 2022



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Canned Pears Fresh Fruit Choice (9-12)	4 Chicken Patty Whole Grain Roll & Honey Mashed Potatoes & Gravy Green Beans Banana Canned Fruit Choice (9-12)	5 Taco Burger on a Bun Romaine & Tomato Refried Beans Canned Peaches Tortilla Chips & Salsa (6-12) Fresh Fruit Choice (9-12)	6 Spaghetti w/ Meat Sauce Garlic Breadstick Tossed Salad Green Beans Apple Slice Canned Fruit Choice (9-12)	7 Bosco Sticks Baby Carrots Tossed Salad Grapes Canned Fruit Choice (9-12)
10 Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes & Celery Canned Pineapple Fresh Fruit Choice (9-12)	11 Chicken Wrap Romaine & Tomato Steamed Carrots Banana Apple Crisp (6-12) Canned Fruit Choice (9-12)	12 Super Nachos Refried Beans Corn Apple Canned Fruit Choice (9-12)	13 BBQ Chicken on a Bun Creamy Coleslaw Baked Beans Orange Slices Canned Fruit Choice (9-12)	14 Hot Dog on a Bun Tater Tots Baby Carrots Sidekick Noon Dismissal
17 Chicken Tetrazzini Garlic Breadstick Tossed Salad Peas Canned Applesauce Fresh Fruit Choice (9-12)	18 Unbreaded Chicken Patty on a Bun Romaine & Tomato Cooked Carrots Banana Canned Fruit Choice (9-12)	19 Sloppy Joe on a Bun Tater Tots Baked Beans Apple Slice Canned Fruit Choice (9-12)	20 Cheese Pizza Tossed Salad Grape Tomatoes Sidekick Fresh Fruit Choice (9-12)	21 Hamburger on a Bun Romaine & Tomato Oven Fries Fresh Oranges Canned Fruit Choice (9-12)
24 Beef & Bean Burrito Salsa Romaine & Tomato Corn, Banana Tortilla Chips (9-12) Canned Fruit Choice (9-12)	25 Stromboli Tossed Salad Baby Carrots Canned Peaches Garlic Breadstick (9-12) Fresh Fruit Choice (9-12)	26 No School	27 Country Style Pork Patty Mashed Potatoes & Gravy Steamed Broccoli Canned Pineapple Roll & Jelly (6-12) Fresh Fruit Choice (9-12)	28 Turkey & Cheese Sub Romaine & Tomato Sidekick 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.