

# LMCS Lunch Menu - Sept. 2022



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b></p> <p><b>Labor Day No School</b></p>	<p><b>6</b></p> <p>Chicken Wrap Spanish Brown Rice Romaine &amp; Tomato Corn, Banana Oatmeal Cookie (9-12) Canned Fruit Choice (9-12)</p>	<p><b>7</b></p> <p>Mini Meatball Sub on a Bun Ranch Potato Wedges Tossed Salad Canned Tropical Fruit Fresh Fruit Choice (9-12)</p>	<p><b>8</b></p> <p>Biscuits &amp; Gravy Sausage Patty Peas Hash Brown Patty Oranges Canned Fruit Choice (9-12)</p>	<p><b>9</b></p> <p>Cheese Pizza Fresh Broccoli Fresh Baby Carrots Fresh Apple Canned Fruit Choice (9-12)</p>
<p><b>12</b></p> <p>Pork Rib on a Bun Lettuce &amp; Tomato Slice Sweet Potato Fries Apple Sauce Fresh Fruit Choice (9-12)</p>	<p><b>13</b></p> <p>Spaghetti w/ Meat Sauce Garlic Breadstick Tossed Salad Green Beans Fresh Banana Canned Fruit Choice (9-12)</p>	<p><b>14</b></p> <p>Corn Dog Tater Tots Mixed Fruit Corn Chocolate Chip Cookie Canned Fruit Choice (9-12)</p>	<p><b>15</b></p> <p>Chicken Quesadilla Refried Beans Sidekick Tortilla Chips (9-12) Black Bean &amp; Corn Salsa (9-12) Fresh Fruit Choice (9-12)</p>	<p><b>16</b></p> <p>Pepperoni Pizza Grape Tomatoes Tossed Salad Fresh Apple Fresh Fruit Choice (9-12)</p>
<p><b>19</b></p> <p>Hamburger on a Bun Lettuce &amp; Tomato Oven Fries Canned Pineapple Fresh Fruit Choice (9-12)</p>	<p><b>20</b></p> <p>Chicken Nuggets Whole Wheat Roll &amp; Jelly Mashed Potatoes &amp; Gravy Tossed Salad Fresh Banana Canned Fruit Choice (9-12)</p>	<p><b>21</b></p> <p>Chicken Burger on a Bun Mashed Potato Smile Fries Romaine &amp; Tomato Baked Beans Fresh Apple Canned Fruit Choice (9-12)</p>	<p><b>22</b></p> <p>Mini Waffles Sausage Patty Tri Tater Cooked Carrots Fresh Orange Fresh Fruit Choice (9-12)</p>	<p><b>23</b></p> <p>Macaroni &amp; Cheese Meatballs Peas, Apple Sauce Fresh Baby Carrots Bread &amp; Jelly (9-12) Canned Fruit Choice (9-12)</p>
<p><b>26</b></p> <p>Hot Ham &amp; Cheese Potato Wedges Fresh Broccoli Canned Mixed Fruit Fresh Fruit Choice (9-12)</p>	<p><b>27</b></p> <p>Taco Burger on a Bun Refried Beans Lettuce &amp; Tomato Banana Tortilla Chips &amp; Salsa (6-12) Canned Fruit Choice (9-12)</p>	<p><b>28</b></p> <p>Cheese Pizza Tossed Salad Grape Tomatoes Fresh Oranges Canned Fruit Choice (9-12)</p>	<p><b>29</b></p> <p>Lasagna Garlic Bread Stick w/ Marinara Sauce Tossed Salad, Pineapple Chocolate Chip Cookie Fresh Fruit Choice (9-12)</p>	<p><b>30</b></p> <p>Chicken Patty Whole Wheat Roll &amp; Honey Mashed Potatoes &amp; Gravy Corn Fresh Apple Canned Fruit Choice (9-12)</p>

**"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.