

LMCS Lunch Menu - November 2022



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

Monday	Tuesday	Wednesday	Thursday	Friday
31 Cheddarwurst on a Bun Potato Smiles Fresh Broccoli Fresh Apple Slices Canned Fruit Choice (9-12)	1 Walking Taco Romaine & Tomato Salsa, Refried Beans Banana Royal Brownie Canned Fruit Choice (9-12)	2 Chili Red Bell Pepper Strips Diced Pears Cinnamon Puff Tortilla Chips (9-12) Fresh Fruit Choice (9-12)	3 Chicken Wrap Spanish Brown Rice Tomaine & Tomato Corn, Tropical Fruit Oatmeal Cookie (9-12) Fresh Fruit Choice (9-12)	4 NO SCHOOL
7 Mini Meatball Sub Ranch Potato Wedges Tossed salad Diced Peaches Canned Fruit Choice (9-12)	8 BBQ Chicken on a bun Baked Beans Creamy Coleslaw Banana Canned Fruit Choice (9-12)	9 White Chicken Chili Cornbread Grape Tomatoes Cucumber Slices Fresh Apple Canned Fruit Choice (9-12)	10 Biscuits & Gravy Sausage Patty Peas Hashbrown Fresh Oranges Canned Fruit Choice (9-12)	11 Pepperoni Pizza Tossed Salad Fresh Baby Carrots Sidekick Fresh Fruit Choice (9-12)
14 Macaroni & Cheese Meatballs Peas Fresh Baby Carrots Bread & Jelly (6-12) Canned Fruit Choice (9-12)	15 Taco Soup Tortilla Chips & Salsa Fresh Broccoli Fresh Banana Canned Fruit Choice (9-12)	16 Pork Rib on a Bun Romaine & Tomato Sweet Potato Fries Fruit Cup	17 Chicken Quesadilla Refried Beans Fresh Oranges Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Canned Fruit Choice (9-12)	18 Corn Dog Green Beans Tater Tots Mixed Fruit Snickerdoodle Cookie Fresh Fruit Choice (9-12)
21 Turkey Gravy over Mashed Potatoes Wheat Roll & Jelly Tossed Salad Diced Pears Fresh Fruit Choice (9-12)	22 Hamburger on a Bun Romaine & Tomato Oven Fries Apple Canned Fruit Choice (9-12)	23 NO SCHOOL	24 NO SCHOOL Happy Thanksgiving!	25 NO SCHOOL
28 Hot Ham & Cheese on a bun Potato Wedges Fresh Broccoli Mixed Fruit Fresh Fruit Choice (9-12)	29 Chicken Patty Wheat Roll & Honey/Jelly Mashed Potatoes & Gravy Corn Fresh Banana Fresh Fruit Choice (9-12)	30 Turkey & Cheese Sub Romaine & Tomato Potato Smilies Applesauce Cup		

"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.