

# LMCS Lunch Menu - December 2022



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>28</b> Hot Ham &amp; Cheese on a bun Potato Wedges Fresh Broccoli Mixed Fruit <b>Fresh Fruit Choice (9-12)</b></p>	<p><b>29</b> Chicken Patty Wheat Roll &amp; Honey/Jelly Mashed Potatoes &amp; Gravy Corn Fresh Banana <b>Fresh Fruit Choice (9-12)</b></p>	<p><b>30</b> Turkey &amp; Cheese Sub Romaine &amp; Tomato Potato Smilies Applesauce Cup</p>	<p><b>1</b> Taco Burger on a Bun Salsa, Fresh Oranges Romaine &amp; Tomato Refried Beans <b>Tortilla Chips (6-12)</b> <b>Canned Fruit Choice (9-12)</b></p>	<p><b>2</b> Bosco Sticks w/ Marinara Sauce Grape Tomatoes Tossed Salad Sidekick <b>Fresh Fruit Choice (9-12)</b></p>
<p><b>5</b> BBQ Chicken on a Bun Creamy Coleslaw Baked Beans Applesauce <b>Fresh Fruit Choice (9-12)</b></p>	<p><b>6</b> Walking Taco Salsa Romaine &amp; Tomato Corn, Fresh Banana <b>Cinnamon Puff (9-12)</b> <b>Canned Fruit Choice (9-12)</b></p>	<p><b>7</b> Mini Waffles Sausage Patty Tater Tots Cooked Carrots Fresh Apple <b>Canned Fruit Choice (9-12)</b></p>	<p><b>8</b> Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatoes, Celery Sticks Canned Pineapple <b>Fresh Fruit Choice (9-12)</b></p>	<p><b>9</b> Garlic Cheese Boats w/ Marinara Sauce Baby Carrots Tossed Salad Canned Peaches <b>Fresh Fruit Choice (9-12)</b></p>
<p><b>12</b> Chicken Tetrizzini Garlic Breadstick Tossed Salad Peas, Diced Peaches <b>Fresh Fruit Choice (9-12)</b></p>	<p><b>13</b> Sloppy Joe on a Bun Potato Smiles Baked Beans Fresh Banana <b>Canned Fruit Choice (9-12)</b></p>	<p><b>14</b> Cowboy Cavatini Tossed Salad Corn Fresh Oranges <b>Blueberry Oat Muffin (6-12)</b> <b>Canned Fruit Choice (9-12)</b></p>	<p><b>15</b> Chicken Teriyaki Savory Rice Oatmeal Roll &amp; Jelly Fresh Broccoli, Grape Tomato Fresh Apple <b>Canned Fruit Choice (9-12)</b></p>	<p><b>16</b> Hamburger on a Bun Romaine &amp; Tomato Oven Fries Baby Carrots Sidekick <b>Fresh Fruit Choice (9-12)</b></p>
<p><b>19</b> Bean &amp; Beef Burrito Salsa, Romaine and Tomato Corn Mixed Fruit <b>Tortilla Chips (9-12)</b> <b>Fresh Fruit Choice (9-12)</b></p>	<p><b>20</b> Country Style Beef Sticks Mashed Potatoes &amp; Gravy Steamed Broccoli Fresh Banana <b>Whole Wheat Roll &amp; Jelly (6-12)</b> <b>Canned Fruit Choice (9-12)</b></p>	<p><b>21</b> BBQ Beef on a Bun Tossed Salad Baked Beans, Fresh Oranges <b>Royal Brownie (6-12)</b> <b>Canned Fruit Choice (9-12)</b></p>	<p><b>22</b> Ham &amp; Cheese Sub Sandwich Romaine &amp; Tomato Sweet Potato Fries Fresh Apple <b>Canned Fruit Choice (9-12)</b></p>	<p><b>24</b> <b>No School</b></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.