

LMCS Lunch Menu - January 2023



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

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Cheddarwurst on a Bun Potato Wedges Broccoli w/ Cheese Fresh Apple Canned Fruit Choice (9-12)	4 Chicken Wrap Spanish Brown Rice Romaine and Tomato Corn, Fresh Oranges Oatmeal Cookie (9-12) Canned Fruit Choice (9-12)	5 Chicken Tetrazzini Garlic Breadstick Tossed Salad Peas Tropical Fruit Cup Fresh Fruit Choice (9-12)	6 Pizza Baby Carrots Tossed Salad Mandarin Orange Cup Fresh Fruit Choice (9-12)
9 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Diced Peaches Canned Fruit Choice (9-12)	10 BBQ Chicken on a Bun Baked Beans Creamy Coleslaw Fresh Banana Canned Fruit Choice (9-12)	11 White Chicken Chilli Cornbread Grape Tomatos Cucumber Slices Fresh Apple Canned Fruit Choice (9-12)	12 Biscuits & Gravy Sausage Patty Peas, Fresh Oranges Hash Brown Patty Canned Fruit Choice (9-12)	13 Bosco Sticks w/ Marinara Tossed Salad Fresh Baby Carrots Sidekick Noon Dismissal
16 Pork Rib on a Bun Romaine & Tomato Sweet Potato Fries Pear Cup Fresh Fruit Choice (9-12)	17 Taco Soup Tortilla Chips and Salsa Fresh Broccoli Fresh Banana Canned Fruit Choice (9-12)	18 Cowboy Cavatini Roll and Jelly Corn Tossed Salad Fresh Apple Canned Fruit Choice (9-12)	19 Chicken Quesadilla Refried Beans Fresh Oranges Tortilla Chips (9-12) Black Bean & Corn Salsa Canned Fruit Choice (9-12)	20 Corn Dog Green Beans Tater Tots Mixed Fruit Cup Chocolate Chip Cookie Fresh Fruit Choice (9-12)
23 Macaroni & Cheese Meatballs Peas Fresh Baby Carrots, Apple Bread and Jelly (6-12) Fresh Fruit Choice (9-12)	24 Chicken Nuggets Roll & Jelly Ranch Mashed Potatoes Tossed Salad Banana Canned Fruit Choice (9-12)	25 Turkey Cheese Sub Sandwich Romaine & Tomato Tater Tots Fresh Oranges Noon Dismissal	26 Chilli Red Bell Pepper Strips Diced Pears Cinnamon Puff Tortilla Chips (9-12) Canned Fruit Choice (9-12)	27 Hamburger on a Bun Romaine & Tomato Oven Fries Sidekick Fresh Fruit Choice (9-12)
30 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Mixed Fruit Fresh Fruit Choice (9-12)	31 Chicken Patty Roll & Honey/Jelly Mashed Potatoes & Gravy Corn Banana 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.				