



# Healthier Lake Mills Menus – LUNCH CYCLE MENU



Updated September 2022

**Please Note:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.  
Reduced fat dressing is served with salads and fresh vegetables.  
All Grain items are Whole Grain Rich.

## \*MENU IS SUBJECT TO CHANGE\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1 <sup>st</sup> Cheddarwurst on a Whole Grain Bun Mashed Potato Smiles Baked Beans Fresh Apple  Fruit Choice - Canned Skim White Milk Skim Chocolate Milk	May 2 <sup>nd</sup> Whole Grain Chicken Wrap Spanish Brown Rice Diced Tomatoes Romaine Lettuce Peas Fresh Oranges  Fruit Choice - Canned Skim White Milk Skim Chocolate Milk	May 3 <sup>rd</sup> Whole Grain Spaghetti w/ Meat Sauce Garlic Breadstick Tossed Salad Green Beans Mandarin Orange Cup  Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk	May 4 <sup>th</sup> Whole Grain Crispito Romaine Lettuce Diced Tomato Salsa Corn <b>Applesauce Cup</b>  Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk	May 5 <sup>th</sup> Whole Grain Pizza Crunchers W/ Marinara Sauce Cup <b>Tossed Salad</b> Baby Carrots Mixed Fruit Cup  Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk
<b>May 8<sup>th</sup></b> Whole Grain Turkey & Cheese Sub Sandwich Sweet Potato Fries Romaine Lettuce Tomato Slice Tropical Fruit Cup  Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk	May 9 <sup>th</sup> Whole Grain Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Banana  Fruit Choice - Canned Skim White Milk Skim Chocolate Milk	May 10 <sup>th</sup> BBQ Chicken on a Whole Grain Bun Baked Beans Creamy Cole Slaw Frozen Peach Cup  Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk	May 11 <sup>th</sup> Whole Grain Biscuits & Gravy <b>Sausage Patty</b> Peas Tri Tater Applesauce Cup  Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk	May 12 <sup>th</sup> Whole Grain Cheese Pizza Fresh Broccoli Fresh Baby Carrots Fresh Apple  Fruit Choice - Canned Skim White Milk Skim Chocolate Milk

USDA is an equal opportunity provider and employer.



# Healthier Lake Mills Menus – LUNCH CYCLE MENU



Updated September 2022

**Please Note:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.  
Reduced fat dressing is served with salads and fresh vegetables.  
All Grain items are Whole Grain Rich.

## \*MENU IS BUJECT TO CHANGE\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>May 15<sup>th</sup></b> Pork Rib on a Whole Grain Bun Romaine Lettuce &amp; Tomato Slice Sweet Potato Fries Fresh Apple</p> <p>Fruit Choice - Canned Skim White Milk Skim Chocolate Milk</p>	<p><b>May 16<sup>th</sup></b> Whole Grain Chicken &amp; Cheese Quesadilla Refried Beans Corn Fresh Banana Whole Grain Tortilla Chips &amp; Black Bean Corn Salsa (9-12)</p> <p>Fruit Choice - Canned Skim White Milk Skim Chocolate Milk</p>	<p><b>May 17<sup>th</sup></b> Whole Grain Cowboy Cavatini Breadstick Cooked Carrots Tossed Salad Fresh Oranges</p> <p>Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk</p>	<p><b>May 18<sup>th</sup></b> Whole Grain Corn Dog Green Beans Tater Tots Peach Cup Whole Grain Chocolate Chip Cookie</p> <p>Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk</p>	<p><b>May 19<sup>th</sup></b> Whole Grain Garlic Cheese Boats W/ Marinara Cup Tossed Salad Fresh Baby Carrots Whole Fruit Cup(Sidekick)</p> <p>Fruit Choice - Fresh Skim White Milk Skim Chocolate Milk</p>



# Healthier Lake Mills Menus – LUNCH CYCLE MENU



Updated September 2022

<p><b>May 22<sup>nd</sup></b>          Whole Grain Hot Ham &amp; Cheese          Potato Wedges          Fresh Broccoli          Applesauce Cup            Fruit Choice - Fresh          Skim White Milk          Skim Chocolate Milk</p>	<p><b>May 23<sup>rd</sup></b>          Whole Grain Chicken Nuggets          Breadstick          Mashed Potatoes &amp; Gravy          Green Beans          Fresh Banana            Fruit Choice - Canned          Skim White Milk          Skim Chocolate Milk</p>	<p><b>May 24<sup>th</sup></b>          Hamburger on a Whole Grain Bun          Mashed Potato Smiles          Romaine Lettuce          Sliced Tomato          Baked Beans          Fresh Apple            Fruit Choice - Canned          Skim White Milk          Skim Chocolate Milk</p>	<p><b>May 25<sup>th</sup></b>          Whole Grain Orange Chicken          Seasoned Brown Rice          Asian Fresh Vegetables          Grape Tomatoes          Celery Sticks          Mandarin Orange Cup            Fruit Choice -Fresh          Skim White Milk          Skim Chocolate Milk</p>	<p><b>May 26<sup>th</sup></b>          Whole Grain Pepperoni Pizza          Tossed Salad          Fresh Baby Carrots          Pear Cup            Fruit Choice -Fresh          Skim White Milk          Skim Chocolate Milk</p>
--	---	--	---	---

USDA is an equal opportunity provider and employer.