

LMCS Lunch Menu - Sept. 2023



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

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Labor Day No School	Pork Rib on a Bun Romaine & Tomato Sweet Potato Fries Fresh Banana Canned Fruit Choice (9-12)	Chicken & Cheese Quesadilla Refried Beans Corn Fresh Apple Tortilla Chips & Corn Salsa (9-12) Canned Fruit Choice (9-12)	Corn Dog Green Beans Tater Tots Fresh Oranges Chocolate Chip Cookie Canned Fruit Choice (9-12)	Garlic Cheese Boats with Marinara Cup Tossed Salad Fresh Baby Carrots Sidekick Fresh Fruit Choice (9-12)
11	12	13	14	15
Hamburger on a Bun Mashed Potato Smiles Romaine & Tomato Baked Beans Applesauce Cup Fresh Fruit Choice (9-12)	Macaroni & Cheese Meatballs Fresh Banana Peas, Baby Carrots Bread & Jelly (6-12) Canned Fruit Choice (9-12)	Turkey & Cheese Sub Sandwich Sweet Potato Fries Fresh Broccoli Fresh Oranges Canned Fruit Choice (9-12)	Chicken Nuggets Roll & Jelly Mashed Potatoes & Gravy Green Beans Fresh Apple Canned Fruit Choice (9-12)	Calzone Marinara Cup Tossed Salad Fresh Baby Carrots Pear Cup Fresh Fruit Choice (9-12)
18	19	20	21	22
Hot Ham & Cheese Potato Wedges Fresh Broccoli Mixed Fruit Cup Fresh Fruit Choice (9-12)	Taco Burger on a Bun Romaine & Tomato Refried Beans Fresh Banana Tortilla Chips & Salsa (6-12) Canned Fruit Choice (9-12)	Lasagna Garlic Breadstick with Marinara Cup Tossed Salad, Fresh Apple Chocolate Chip Cookie Canned Fruit Choice (9-12)	Chicken Patty Roll & Jelly Mashed Potatoes & Gravy Green Beans Fresh Oranges Canned Fruit Choice (9-12)	Pepperoni Pizza Tossed Salad Cherry Tomatoes Pear Cup Fresh Fruit Choice (9-12)
25	26	27	28	29
Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes, Celery Sticks Pineapple Fruit Cup Fresh Fruit Choice (9-12)	Walking Taco Romaine & Tomato Salsa Corn Fresh Banana Canned Fruit Choice (9-12)	Mini Waffles Tater Tots Sausage Patty Cooked Carrots Tropical Fruit Cup Canned Fruit Choice (9-12)	BBQ Pork Sandwich Creamy Coleslaw Baked Beans Fresh Oranges Canned Fruit Choice (9-12)	Garlic Cheese Boat with Marinara Cup Corn Tossed Salad Fresh Apple Canned 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.