

# LMCS Lunch Menu - November 2023



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Country Fried Pork Patty Bread & Jelly Mashed Potatoes & Gravy Corn Mixed Fruit Cup <b>Canned Fruit Choice (9-12)</b>	<b>31</b> Chicken Burger on a Bun Tater Tots Fresh Broccoli Banana <b>Canned Fruit Choice (9-12)</b>	<b>1</b> Taco Burger on a Bun Salsa Romaine & Tomato Refried Beans & Fresh Oranges <b>Tortilla Chips (6-12)</b> <b>Fresh Fruit Choice (9-12)</b>	<b>2</b> Pepperoni Pizza Tossed Salad Grape Tomatos Applesauce Cup <b>Fresh Fruit Choice (9-12)</b>	<b>3</b> <b>NO SCHOOL</b>
<b>6</b> Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Grape Tomatos & Celery Sticks Pineapple Fruit Cup <b>Canned Fruit Choice (9-12)</b>	<b>7</b> Walking Taco Romaine & Tomato Salsa Refried Beans Banana <b>Canned Fruit Choice (9-12)</b>	<b>8</b> Mini Waffles Tater Tots Sausage Patty Cooked Carrots Applesauce Cup <b>Canned Fruit Choice (9-12)</b>	<b>9</b> Hot Beef Sundae Corn Garlic Breadstick Fresh Oranges <b>Rice Krispie Bar (9-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>10</b> Garlic Cheese Boats w/ Marinara Sauce Corn Tossed Salad & Apple <b>Fresh Fruit Choice (9-12)</b>
<b>13</b> Hamburger on a Bun Romaine & Tomato Oven Fries Fresh Baby Carrots Applesauce Cup <b>Canned Fruit Choice (9-12)</b>	<b>14</b> Chicken Patty Mashed Potatoes & Gravy Fresh Broccoli Fresh Banana Roll & Jelly <b>Canned Fruit Choice (9-12)</b>	<b>15</b> Sloppy Joe on a Bun Tater Tots Baked Beans Fresh Apple <b>Canned Fruit Choice (9-12)</b>	<b>16</b> Chicken Tetrizzini Garlic Cheese Stick Tossed Salad Peas Peach Cup <b>Canned Fruit Choice (9-12)</b>	<b>17</b> Beef Pretzel Dog Broccoli Littles Fresh Baby Carrots Pear Cup <b>Fresh Fruit Choice (9-12)</b>
<b>20</b> Burrito Salsa Romaine & Tomato Corn & Mandarin Orange Cup <b>Tortilla Chips (9-12)</b> <b>Fresh Fruit Choice (9-12)</b>	<b>21</b> Turkey & Cheese Sub Romaine & Tomato Sweet Potato Fries Ice Cream Treat <b>Canned Fruit Choice (9-12)</b>	<b>22</b> <b>NO SCHOOL</b>	<b>23</b> <b>NO SCHOOL</b> Happy Thanksgiving!	<b>24</b> <b>NO SCHOOL</b>
<b>27</b> Cheddarwurst on a Bun Oven Fries Broccoli w/ Cheese Apple Slices <b>Fresh Fruit Choice (9-12)</b>	<b>28</b> Country Style Pork Patty Mashed Potatoes & Gravy Corn Banana <b>Roll &amp; Jelly (9-12)</b> <b>Fresh Fruit Choice (9-12)</b>	<b>29</b> BBQ Pork on a bun Peas Baked Beans Tropical Fruit Cup <b>Royal Brownie (6-12)</b> <b>Fresh Fruit Choice (9-12)</b>	<b>30</b> Stromboli Tossed Salad Baby Carrots Frozen Peach Cup <b>Garlic Beadstick (9-12)</b> <b>Fresh Fruit Choice (9-12)</b>	
<b>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER " Menus are subject to change</b>				
Reduced fat dressing is served with salads and fresh vegetables. All grain items are whole grain rich.				