

# LMCS Lunch Menu - October 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Pretzel Dog Mashed Potato Smiles Broccoli w/ Cheese Fresh Melon <b>Canned Fruit Choice (9-12)</b>	<b>1</b> Chicken Teriyaki Seasoned Brown Rice Steamed Broccoli Grape Tomatoes, Pineapple <b>Chocolate Chip Cookie (9-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>2</b> Spaghetti w/ Meat Sauce Garlic Bread Stick Tossed Salad Green Beans Oranges <b>Canned Fruit Choice (9-12)</b>	<b>3</b> Soft Shell Taco Romaine & Tomato Salsa Refried Beans, Apple Slices <b>Cinnamon Puff (6-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>4</b> Pepperoni Pizza Carrot Sticks Tossed Salad Frozen Fruit Slush <b>Fresh Fruit Choice (9-12)</b>
<b>7</b> Mini Meatball Sub Ranch Potato Wedges Tossed Salad Diced Peaches <b>Fresh Fruit Choice (9-12)</b>	<b>8</b> Chili Carrot Sticks Cinnamon Roll Banana <b>Tortilla Chips (9-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>9</b> BBQ Chicken on a Bun Sweet Potato Fries Cucumber Slices Canned Pineapple <b>Fresh Fruit Choice (9-12)</b>	<b>10</b> Waffles Sausage Patty Tater Tots Cooked Carrots Oranges <b>Canned Fruit Choice (9-12)</b>	<b>11</b> Garlic Cheese Boat w/ Marinara Sauce Fresh Broccoli Carrot Sticks Canned Applesauce <b>Fresh Fruit Choice (9-12)</b>
<b>14</b> Pork Rib on a Bun Sweet Potato Fries Romaine & Tomato Apple Slices <b>Canned Fruit Choice (9-12)</b>	<b>15</b> White Chicken Chili Cornbread Grape Tomatoes Cucumber Slices Banana <b>Canned Fruit Choice (9-12)</b>	<b>16</b> Goulash Garlic Breadstick Corn Tossed Salad Oranges <b>Canned Fruit Choice (9-12)</b>	<b>17</b> Chicken & Cheese Quesadilla Frozen Fruit Slush Corn, Refried Beans <b>Black Bean &amp; Corn Salsa (9-12)</b> <b>Tortilla Chips (9-12)</b> <b>Fresh Fruit Choice (9-12)</b>	<b>18</b> Corn Dog Green Beans Tater Tots Canned Mixed Fruit Chocolate Chip Cookie <b>Fresh Fruit Choice (9-12)</b>
<b>21</b> Chicken Patty Garlic Breadstick Mashed Potatoes & Gravy Tossed Salad Diced Canned Pears <b>Fresh Fruit Choice (9-12)</b>	<b>22</b> Taco Soup Tortilla Chips and Salsa Fresh Broccoli Banana <b>Canned Fruit Choice (9-12)</b>	<b>23</b> Macaroni & Cheese Little Smokies Garlic Breadstick Peas, Oranges Carrot Sticks <b>Canned Fruit Choice (9-12)</b>	<b>24</b> Hot Ham & Cheese Sweet Potato Fries Green Beans Grapes <b>Honey Apple Crisp (9-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>25</b> Chicken Burger on a Bun Romaine & Tomato Tater Tots Apple Slices <b>Canned Fruit Choice (9-12)</b>
<b>28</b> Garlic Cheese Boat Tossed Salad Grape Tomatoes Canned Pineapple <b>Fresh Fruit Choice (9-12)</b>	<b>29</b> Taco Burger on a Bun Romaine & Tomato Refried Beans Banana <b>Tortilla Chips (6-12)</b> <b>Canned Fruit Choice (9-12)</b>	<b>30</b> Toasted Cheese Ravioli w/ Marinara Cup Garlic Breadstick Tossed Salad Oranges <b>Canned Fruit Choice (9-12)</b>	<b>31</b> Chicken Nuggets Potato Smiles Carrot Sticks Garlic Breadstick Apple Slices <b>Canned Fruit Choice (9-12)</b>	

**"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.