



# Healthier Lake Mills Menus – LUNCH CYCLE MENU



Updated September 2018

**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	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<b>Week 1 Feb.5th</b> Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Mixed Fruit  Fruit Choice –(9-12) Fresh Milk Choice	Feb.6th Chicken Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Peas Fresh Banana  Fruit Choice –(9-12) Canned Milk Choice	Feb.7th Taco Burger on a Bun <b>Tortilla Chips (6-12)</b> Salsa Romaine Lettuce Tomato Slice Refried Beans Apple Sauce  Fruit Choice –(9-12) Fresh Milk Choice	Feb.8th Lasagna Garlic Bread Stick w/ Marinara Sauce Tossed Salad Fresh Oranges Chocolate Chip Cookie  Fruit Choice –(9-12) Canned Milk Choice	Feb.9th Pepperoni Pizza Tossed Salad Grape Tomatoes Fresh Apple  Fruit Choice –(9-12) Canned Milk Choice	<b>Calories</b>	<b>648</b>	<b>678</b>	<b>768</b>
					<b>Sodium (mg)</b>	<b>1164</b>	<b>1179</b>	<b>1206</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.9%</b>	<b>8.3%</b>	<b>7.7%</b>
<b>Week 2 Feb.12th</b> Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes Celery Sticks Pineapple  Fruit Choice –(9-12) Fresh Milk Choice	Feb.13th Toasted Turkey Cheese Sandwich Cooked Carrots Tossed Salad Fresh Banana  Fruit Choice –(9-12) Canned Milk Choice	Feb.14 <sup>th</sup> Super Nachos Refried Beans Corn Sidekick  Fruit Choice –(9-12) Fresh Milk Choice	Feb.15th BBQ Pork on a Bun Creamy Cole Slaw Baked Beans Fresh Oranges  Fruit Choice –(9-12) Canned Milk Choice	Feb.16th Popcorn Chicken Oven Fries Green Beans Cookie Fresh Apple  Fruit Choice –(9-12) Canned Milk Choice	<b>Calories</b>	<b>650</b>	<b>685</b>	<b>801</b>
					<b>Sodium (mg)</b>	<b>1070</b>	<b>1083</b>	<b>1145</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>9.4%</b>	<b>9.2%</b>	<b>9.2%</b>



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					K-5	6-8	9-12	
<b>Week 3</b> <b>Feb.19th</b> Chicken Tetrizzini Garlic Bread Stick Tossed Salad Peas Apple Sauce Fruit Choice –(9-12) Fresh Milk Choice	Feb.20th Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fresh Orange Fruit Choice –(9-12) Canned Milk Choice	Feb.21st Chicken Patty Green Beans Mashed Potatoes & Gravy Oatmeal Roll & Jelly Fresh Banana Fruit Choice –(9-12) Canned Milk Choice	Feb.22nd Yummy Sloppy Joe on a Bun Potato Wedges Baked Beans Fresh Apple Fruit Choice –(9-12) Canned Milk Choice	Feb.23rd Cheese Pizza Tossed Salad Grape Tomatoes Sidekick Fruit Choice –(9-12) Fresh Milk Choice	<b>Calories</b>	637	663	784
					<b>Sodium (mg)</b>	857	893	966
					<b>% of Total Calories from Sat. Fat</b>	7.0%	6.9%	6.5%
<b>Week 4</b> <b>Feb.26th</b> Country Style Beef Pattie <b>Whole Wheat Roll &amp; Jelly (6-12)</b> Mashed Potatoes & Gravy Fresh Broccoli Fresh Pineapple Fruit Choice –(9-12) Fresh Milk Choice	Feb.27th Stromboli Squares <b>Garlic Breadstick (9-12)</b> Tossed Salad Fresh Baby Carrots Fresh Banana Fruit Choice –(9-12) Canned Milk Choice	Feb.28th Chicken Nuggets Oven Fries Green Beans Canned Peaches Whole Wheat Roll & Jelly (9-12) Fruit Choice –(9-12) Fresh Milk Choice	March 1st Beef & Bean Burrito <b>Tortilla Chips (9-12)</b> Salsa Romaine Lettuce Diced Tomato Corn Fresh Oranges Fruit Choice –(9-12) Canned Milk Choice	March 2nd Turkey & Cheese Sub Sandwich Romaine Lettuce Tomato Slice Sweet Potato Fries Fresh Apple Fruit Choice –(9-12) Canned Milk Choice	<b>Calories</b>	633	681	798
					<b>Sodium (mg)</b>	1154	1195	1232
					<b>% of Total Calories from Sat. Fat</b>	7.2%	6.9%	6.8%



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