



# 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	
<p><b>Week 1 April 2nd</b>            Chicken Patty            Whole Wheat Roll &amp; Jelly            Mashed Potatoes &amp; Gravy            Peas            Canned Pears              Fruit Choice(9-12) - Fresh            Milk Choice</p>	<p>April 3rd            Pepperoni Pizza            Tossed Salad            Grape Tomatoes            Sidekick              Fruit Choice(9-12) - Fresh            Milk Choice</p>	<p>April 4th            Soft Shell Taco            Salsa            Romaine Lettuce            Diced Tomato            Refried Beans            Tortilla Chips(6-12)            Fresh Banana              Fruit Choice(9-12) - Canned            Milk Choice</p>	<p>April 5th            Hot Dog on a Bun            Oven Fries            Fresh Broccoli            Fresh Apple            Milk Choice              Noon Dismissal            Senior Expo</p>	<p>April 6th            Hot Ham &amp; Cheese on a Bun            Potato Wedges            Fresh Broccoli            Mixed Fruit              Fruit Choice(9-12) - Fresh            Milk Choice</p>	<p><b>Calories</b></p>	<p><b>648</b></p>	<p><b>678</b></p>	<p><b>768</b></p>
					<p><b>Sodium (mg)</b></p>	<p><b>1164</b></p>	<p><b>1179</b></p>	<p><b>1206</b></p>
					<p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>7.9%</b></p>	<p><b>8.3%</b></p>	<p><b>7.7%</b></p>
<p><b>Week 2 April 9th</b>            Orange Chicken            Seasoned Brown Rice            Asian Fresh Vegetables            Grape Tomatoes            Celery Sticks            Canned Pineapple              Fruit Choice(-12) - Fresh            Milk Choice</p>	<p>April 10th            Super Nachos            Refried Beans            Corn            Fresh Apple              Fruit Choice(9-12) - Canned            Milk Choice</p>	<p>April 11th            Sloppy Joe on a Bun            Potato Wedges            Fresh Baby Carrots            Apple Sauce              Fruit Choice(9-12) - Fresh            Milk Choice</p>	<p>April 12th            Lasagna            Garlic Bread Stick w/ Marinara Sauce            Garden Salad            Fresh Oranges            Chocolate Chip Cookie              Fruit Choice(9-12) - Canned            Milk Choice</p>	<p>April 13th            BBQ Pork Sandwich            Creamy Cole Slaw            Baked Beans            Strawberry Cup              Fruit Choice(9-12) - Fresh            Milk Choice</p>	<p><b>Calories</b></p>	<p><b>650</b></p>	<p><b>685</b></p>	<p><b>801</b></p>
					<p><b>Sodium (mg)</b></p>	<p><b>1070</b></p>	<p><b>1083</b></p>	<p><b>1145</b></p>
					<p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>9.4%</b></p>	<p><b>9.2%</b></p>	<p><b>9.2%</b></p>



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					K-5	6-8	9-12	
<b>Week 3 April 16th</b> Chicken Tetrizzini Garlic Bread Stick Tossed Salad Peas Fresh Apple  Fruit Choice(9-12) - Canned Milk Choice	April 17th Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Baked Beans Fresh Banana  Fruit Choice(9-12) - Canned Milk Choice	April 18th Hot Beef Sundae Green Beans Fresh Oranges <b>Blueberry Oat Muffin</b>  Fruit Choice(9-12) - Canned Milk Choice	April 19th Chicken Nuggets Savory Rice Whole Wheat Roll & Jelly Fresh Broccoli Fresh Baby Carrots Apple Sauce  Fruit Choice(9-12) - Fresh Milk Choice	April 20th Cheese Pizza Tossed Salad Grape Tomatoes Sidekick  Fruit Choice(9-12) - Canned Milk Choice	<b>Calories</b>	<b>637</b>	<b>663</b>	<b>784</b>
					<b>Sodium (mg)</b>	<b>857</b>	<b>893</b>	<b>966</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.0%</b>	<b>6.9%</b>	<b>6.5%</b>
<b>Week 4 April 23rd</b> Country Style Pork Patty <b>Whole Wheat Roll &amp; Jelly (6-12)</b> Mashed Potatoes & Gravy Fresh Broccoli Pineapple  Fruit Choice(9-12) - Fresh Milk Choice	April 24th Stromboli Squares <b>Garlic Breadstick (9-12)</b> Tossed Salad Fresh Baby Carrots Fresh Banana  Fruit Choice(9-12) - Canned Milk Choice	April 25th BBQ Beef on a Bun Peas Baked Beans Mixed Fruit <b>Royal Brownie (6-12)</b>  Fruit Choice(9-12) - Fresh Milk Choice	April 26th Beef & Bean Burrito Salsa Romaine Lettuce Diced Tomato Corn Canned Peaches  Fruit Choice(9-12) - Fresh Milk Choice	April 27th Ham & Cheese Sub Sandwich Romaine Lettuce Tomato Slice Sweet Potato Fries Fresh Apple  Fruit Choice(9-12) - Canned Milk Choice	<b>Calories</b>	<b>633</b>	<b>681</b>	<b>798</b>
					<b>Sodium (mg)</b>	<b>1154</b>	<b>1195</b>	<b>1232</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.2%</b>	<b>6.9%</b>	<b>6.8%</b>



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