



# Healthier Lake Mills Menus – LUNCH CYCLE MENU



Updated September 2017

**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</b> <b>Dec.11th</b> Hot Ham & Cheese on a Bun Potato Wedges Cooked Carrots Canned Peaches  Fruit Choice - Fresh Milk Choice	Dec.12th Beef & Bean Burrito <b>Tortilla Chips (9-12)</b> Salsa Romaine & Tomato Corn Fresh Banana  Fruit Choice - Canned Milk Choice	Dec.13th Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Baked Beans Fresh Apple  Fruit Choice - Canned Milk Choice	Dec.14th Chicken Patty <b>Whole Wheat Roll &amp; Jelly (6-12)</b> Mashed Potatoes & Gravy Peas Canned Mixed Fruit  Fruit Choice - Canned Milk Choice	Dec.15th Pepperoni Pizza Tossed Salad Cherry Tomatoes Sidekick  Fruit Choice - Fresh 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</b> <b>Dec.18th</b> Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes Celery Sticks Canned Pineapple  Fruit Choice - Fresh Milk Choice	Dec.19th BBQ Pork on a Bun Creamy Cole Slaw Baked Beans Canned Peaches  Fruit Choice - Canned Milk Choice	Dec.20th Popcorn Chicken Breaded Mozzarella Stick (6-12) Cooked Carrots Fresh Broccoli Fresh Oranges  Fruit Choice - Canned Milk Choice	Dec.21st Cheese Pizza Corn Tossed Salad Fresh Apple Christmas Ice Cream Treat  Fruit Choice - Canned Milk Choice	Dec.22nd  No School Christmas Break See you next year!!	<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 Dec.25th</b>	Dec.26th	Dec.27th	Dec.28th	Dec.29th	<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 Jan.1st</b>	Jan.2nd	Jan.3th Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Peas Fresh Oranges  Fruit Choice Milk Choice	Jan.4th Turkey & Cheese Sub Sandwich Romaine Lettuce Tomato Slice Sweet Potato Fries Fresh Apple  Fruit Choice - Canned Milk Choice	Jan.5th Pepperoni Pizza Tossed Salad Grape Tomatoes Sidekick  Fruit Choice-Fresh 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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