



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	
Week 1 April 30th Hot Dog on a Bun Oven Fries Broccoli w/Cheese Fresh Banana Fruit Choice (9-12) Canned Milk Choice	May 1st Chicken Wrap Spanish Brown Rice Romaine Lettuce Diced Tomato Corn Canned Tropical Fruit Oatmeal Cookie (9-12) Fruit Choice (9-12) Fresh Milk Choice	May 2nd Spaghetti w/ Meat Sauce Garlic Bread Stick Tossed Salad Green Beans Apple Sauce Fruit Choice (9-12) Fresh Milk Choice	May 3rd Taco Burger on a Bun Tortilla Chips(6-12) Salsa Romaine Lettuce Tomato Slice Refried Beans Fresh Oranges Fruit Choice - Canned Milk Choice	May 4th Turkey & Cheese Sub Sandwich Tater Tots Fresh Baby Carrots Fresh Apple Fruit Choice (9-12) Canned Milk Choice	Calories	645	692	788
					Sodium (mg)	1066	1113	1162
					% of Total Calories from Sat. Fat	8.2%	7.8%	7.4%
Week 2 May 7th Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Banana Fruit Choice (9-12) Canned Milk Choice	May 8th BBQ Chicken on a Bun Baked Beans Creamy Cole Slaw Fresh Apple Fruit Choice (9-12) Canned Milk Choice	May 9th Biscuits & Gravy Sausage Patty Peas Tri Tater Fresh Oranges Fruit Choice (9-12) Fresh Milk Choice	May 10th Grilled Cheese Sandwich Sweet Potato Fries Cucumber Slices Canned Peaches Fruit Choice (9-12) Canned Milk Choice	May 11th Pepperoni Pizza Fresh Broccoli Fresh Baby Carrots Sidekick Fruit Choice (9-12) Fresh Milk Choice	Calories	640	654	839
					Sodium (mg)	1078	1107	1302
					% of Total Calories from Sat. Fat	5.6%	5.8%	5.6%

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					K-5	6-8	9-12	
<p>Week 3 May 14th Corn Dog Tri Tater Green Beans Fresh Banana Blonde Brownie To the Lake Mills Seniors on your last week. The cooks decided to make a special treat!! Good Luck!! Fruit Choice(9-12) Canned Milk Choice</p>	<p>May 15th Country Style Pork Patty Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Fresh Broccoli Canned Pears Fruit Choice(9-12) Fresh Milk Choice</p>	<p>May 16th Pork Rib on a Bun Romaine Lettuce & Tomato Slice Sweet Potato Fries Canned Mixed Fruit Fruit Choice(9-12) Fresh Milk Choice</p>	<p>May 17th Soft Shell Taco Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Fresh Apple Fruit Choice(9-12) Canned Milk Choice</p>	<p>May 18th Ham & Cheese Sub Sandwich Romaine Lettuce Sliced Tomatoes Tri Tater Fresh Orange Fruit Choice(9-12) Fresh Milk Choice</p>	<p>Calories</p>	<p>636</p>	<p>636</p>	<p>771</p>
					<p>Sodium (mg)</p>	<p>1099</p>	<p>1099</p>	<p>1129</p>
					<p>% of Total Calories from Sat. Fat</p>	<p>8.2%</p>	<p>8.2%</p>	<p>8.2%</p>
<p>Week 4 May 21st BBQ Chicken on a Bun Creamy Cole Slaw Baked Beans Fresh Banana Fruit Choice(9-12) Canned Milk Choice</p>	<p>May 22nd Toasted Turkey & Cheese Sandwich Fresh Baby Carrots Fresh Broccoli Apple Sauce Fruit Choice(9-12) Fresh Milk Choice</p>	<p>May 23rd Chicken Patty Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Green Beans Canned Pears Fruit Choice(9-12) Fresh Milk Choice</p>	<p>May 24th Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Fresh Oranges Fruit Choice(9-12) Canned Milk Choice</p>	<p>May 25th Cheese Pizza Tossed Salad Grape Tomatoes Sidekick Fruit Choice(9-12) Fresh Milk Choice</p>	<p>Calories</p>	<p>648</p>	<p>671</p>	<p>834</p>
					<p>Sodium (mg)</p>	<p>1124</p>	<p>1148</p>	<p>1222</p>
					<p>% of Total Calories from Sat. Fat</p>	<p>8.5%</p>	<p>8.3%</p>	<p>7.9%</p>



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