



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	
Week 1 May 1st Pork Rib on a Bun Potato Wedges Broccoli w/Cheese Fresh Apple Fruit Choice - Canned Milk Choice	May 2nd Chicken Wrap Spanish Brown Rice Romaine Lettuce Diced Tomato Corn Peaches Cookie (9-12) Fruit Choice - Fresh Milk Choice	May 3rd Country Style Pork Patty Mashed Potatoes & Gravy Green Beans Garlic Bread Stick Fresh Banana Fruit Choice - Canned Milk Choice	May 4th Soft Shell Taco Tortilla Chips & Salsa Romaine Lettuce Refried Beans Fresh Orange Cinnamon Puff (6-12) Fruit Choice - Canned Milk Choice	May 5th Popcorn Chicken Whole Wheat Bread & Honey (6-12) Oven Fries Fresh Baby Carrots Apple Sauce Fruit Choice -Fresh 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 8th Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Orange Fruit Choice - Canned Milk Choice	May 9th BBQ Chicken on a Bun Baked Beans Creamy Cole Slaw Strawberry Cup Fruit Choice - Fresh Milk Choice	May 10 th Biscuits & Gravy Sausage Patty (6-12) Peas Hash Brown Patty Fresh Banana Fruit Choice - Canned Milk Choice	May 11th Orange Chicken Seasoned Brown Rice Asian Fresh Vegetables Cucumbers Celery Sticks Pineapple Fruit Choice -Fresh Milk Choice	May 12th Cheese Pizza Broccoli Florets Fresh Baby Carrots Mixed Fruit Fruit Choice -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 15th Pork Rib on a Bun Romaine Lettuce & Tomato Slice Sweet Potato Fries Fresh Orange</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>May 16th Cowboy Cavatini Whole Wheat Bread & Jelly Cooked Carrots Fresh Broccoli Pineapple</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>May 17th Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Fresh Banana</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>May 18th Turkey Cheese Sub Sandwich Oven Fries Tomato Slice Romaine Lettuce Fresh Apple</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>May 19th Seniors Last Day Pizza Tossed Salad Fresh Baby Carrots Peach Cup Peanut Butter Crunch Bar</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>636</p> <p>1099</p> <p>8.2%</p>	<p>636</p> <p>1099</p> <p>8.2%</p>	<p>771</p> <p>1129</p> <p>8.2%</p>
<p>Week 4 May 22nd Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Pineapple</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>May 23rd Pulled Pork on a Bun Red Bell Pepper Strips Fresh Broccoli Fresh Orange</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>May 24th Chicken Nuggets Whole Wheat Bread & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Banana</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>May 25th Pizza Tossed Salad Fresh Baby Carrots Apple Sauce</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>May 26th Breaded Pork Patty on a Bun Sweet Potato Fries Baked Beans Fresh Apple</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>648</p> <p>1124</p> <p>8.5%</p>	<p>671</p> <p>1148</p> <p>8.3%</p>	<p>834</p> <p>1222</p> <p>7.9%</p>

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