



# 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	
<p><b>Week 1</b> <b>Oct.16th</b></p> <p>Hot Ham &amp; Cheese on a Bun            Potato Wedges            Fresh Broccoli            Peach Cup</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Oct.17th</p> <p>Lasagna            Garlic Bread Stick w/ Marinara Sauce            Tossed Salad            Banana            Chocolate Chip Cookie</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Oct.18th</p> <p>Taco Burger on a Bun  <b>Tortilla Chips (6-12)</b> Salsa            Romaine Lettuce            Tomato Slice            Refried Beans            Fresh Apple</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Oct.19th</p> <p>Chicken Patty            Whole Wheat Roll &amp; Jelly            Mashed Potatoes &amp; Gravy            Green Beans            Canned Pears</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Oct.20th</p> <p>Pepperoni Pizza            Tossed Salad            Cherry Tomatoes            Fresh Oranges</p> <p>Fruit Choice - Canned            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</b> <b>Oct.23rd</b></p> <p>Orange Chicken            Seasoned Brown Rice            Asian Fresh Vegetables            Cherry Tomatoes            Celery Sticks            Canned Pineapple</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Oct.24th</p> <p>Super Nachos            Refried Beans            Corn            Banana</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Oct.25th</p> <p>Rib Patty on a Bun            Ranch Mashed Potatoes            Baby Carrots            Canned Mixed Fruit</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Oct.26th</p> <p>Pulled Pork Sandwich            Creamy Cole Slaw            Baked Beans            Strawberry Cup</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Oct.27th</p> <p>Cheese Pizza            SideKicks            Tossed Salad            Fresh Apple</p> <p>Fruit Choice - Canned            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	
<p><b>Week 3</b> <b>Oct.30th</b></p> <p>Chicken Tetrizzini            Garlic Bread Stick            Tossed Salad            Peas            Apricot Halves</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Oct.31st</p> <p>Sloppy Joe on a Bun            Potato Wedges            Red Bell Pepper Strips            Banana</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Nov.1st</p> <p>Hot Beef Sundae            Cherry Tomatoes            Whole Wheat Roll&amp; Jelly            Fresh Oranges</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Nov.2nd</p> <p>Hamburger on a Bun            Romaine Lettuce            Tomato Slice            Oven Fries            Baked Beans            Fresh Apple</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Nov.3rd</p> <p>No School</p>	<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>
<p><b>Week 4 Nov.6th</b></p> <p>Beef &amp; Bean Burrito  <b>Tortilla Chips (9-12)</b> Salsa            Romaine &amp; Tomato Corn            Fresh Oranges</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Nov.7th</p> <p>Stromboli Squares  <b>Garlic Breadstick (9-12)</b>            Tossed Salad            Fresh Baby Carrots            Banana</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Nov.8th</p> <p>BBQ Beef on a Bun            Peas            Baked Beans            Peaches  <b>Royal Brownie (6-12)</b></p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Nov.9th</p> <p>Country Style Pork Patty            Cheesy Garlic Mashed Potatoes            Fresh Broccoli            Canned Pineapple            Whole Wheat Roll &amp; Jelly(6-12)</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Nov.10th</p> <p>Turkey &amp; Cheese Sub Sandwich            Romaine Lettuce            Tomato Slice            Sweet Potato Fries            Fresh Apple</p> <p>Fruit Choice - Canned            Milk Choice</p>	<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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