

LAMAR COUNTY SCHOOLS

Menu Subject to Change.

GRADES 4-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1	2	
			SPAGHETTI GARDEN SALAD CORN NUGGETS TEXAS TOAST FRUIT BROWNIE MLK PAN PIZZA SALAD TRAY	CHICKEN FILLET ON BUN LETTUCE & TOMATO CELERY STICKS SUN CHIPS FRUIT COOKIE MLK FISH SANDWICH SALAD TRAY	Cal 889 T.Fat 27.30 G S.Fat 6.2 G Chol 67.1 Mg Sodm 1764.52 Mg Carb 130.76 G
5	6	7	8	9	
PIZZA WHOLE KERNEL CORN CARROT STICKS BROCCOLI JUICE BAR MLK CHEESE STIX/SAUCE POTATO SOUP SALAD TRAY	MACARONI AND CHEESE FRIED OKRA PINTO BEAN/BLACK EYED PE FRUIT CORNBREAD MLK COUNTRY STEAK SALAD TRAY	CHICKEN TENDERS CREAMED POTATOES BROWN GRAVY GREEN BEANS FRUIT WHEAT ROLL MLK SALAD TRAY	TACO CHEESE GARDEN SALAD WHOLE KERNEL CORN REFRIED BEANS FRUIT MLK KING RANCH CHICKEN	CHEESEBURGER LETTUCE/TOMATO BAKED CHIPS FRUIT COOKIE MLK VEGETABLE SOUP SALAD TRAY	Cal 823 T.Fat 27.28 G S.Fat 8.6 G Chol 53.0 Mg Sodm 2026.22 Mg Carb 109.37 G
12	13	14	15	16	
HOT DOG FRENCH FRIES BAKED BEANS SAUERKRAUT FRUIT MLK CHILI CRACKERS	COUNTRY STEAK BROWN GRAVY CREAMED POTATOES PEAS & CARROTS FRUIT WHEAT ROLL MLK BARBECUED CHICKEN	BARBEQUE ON BUN FRENCH FRIES COLE SLAW FRUIT CINNAMON ROLLS MLK FISH SANDWICH	CHICKEN NUGGETS CREAMED POTATOES BROCCOLI/CHEESE FRUIT WHOLE GRAIN BISCUIT MLK LASAGNA SALAD TRAY	TURKEY & BACON SUB LETTUCE, TOM & PEPPER SUN CHIPS FRUIT COOKIE MLK HAM & CHEESE SANDWIC	Cal 846 T.Fat 27.02 G S.Fat 8.4 G Chol 67.9 Mg Sodm 1626.78 Mg Carb 118.67 G
19	20	21	22	23	
NO SCHOOL TODAY	PIZZA WHOLE KERNEL CORN CARROT STICKS BROCCOLI COOKIE FRUIT MLK VEGETABLE SOUP CRACKERS	CHICKEN & DUMPLINGS STEAMED CARROTS GREEN BEANS WHEAT ROLL CHOCOLATE PUDDING FRUIT MLK BURRITO SALAD TRAY	MACARONI AND CHEESE FRIED OKRA PINTO BEAN/BLACK EYED PE FRUIT CORNBREAD MLK COUNTRY STEAK SALAD TRAY	CHEESEBURGER LETTUCE/TOMATO BAKED CHIPS FRUIT TEDDIE GRAHAMS MLK BROCCOLI SOUP SALAD TRAY	Cal 835 T.Fat 28.78 G S.Fat 9.1 G Chol 51.1 Mg Sodm 2107.23 Mg Carb 114.71 G
26	27	28	29	30	
CHICKEN FILLET ON BUN LETTUCE & TOMATO FRENCH FRIES BAKED BEANS FRUIT COOKIE MLK SALAD TRAY	FISH NUGGETS BAKED POTATO COLE SLAW PINTO BEANS TEXAS TOAST FRUIT MLK CHICKEN NUGGETS	SPAGHETTI GARDEN SALAD CORN NUGGETS GARLIC BREAD FRUIT BROWNIE MLK BAKED CHICKEN	GRILLED CHEESE SANDWICH TOMATO SOUP CRACKERS FRUIT CAKE MLK HOT POCKET SALAD TRAY	CHEESE STIX w/ SAUCE GARDEN SALAD WHOLE KERNEL CORN FRESH FRUIT COOKIE MLK MEXICAN PIZZA SALAD TRAY	Cal 909 T.Fat 27.53 G S.Fat 6.8 G Chol 46.9 Mg Sodm 1937.55 Mg Carb 137.41 G

Lunch Meal Prices:
 Students \$1.75
 Teachers \$2.25
 Visitors \$3.25

Milk is served everyday

The data contained on this menu should not be used for planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice.

T. Fat = total fat