

Lunches may be paid for by the week, month or year.

Lamar County Schools
Subject to Change
2009

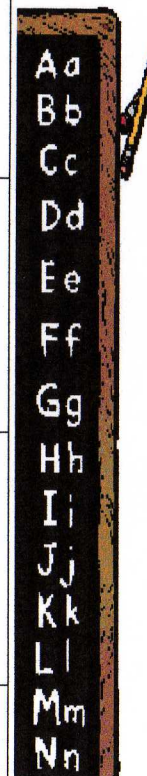


August

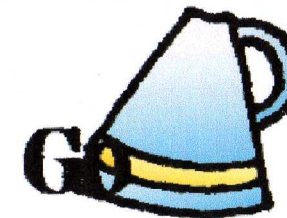


GRADES 4-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
10 PIZZA WHOLE KERNEL CORN CARROT STICKS BROCCOLI SHERBET CUP MILK ITALIAN DUNKERS/SAUCE	11 CHEESEBURGER LETTUCE & TOMATO FRENCH FRIES ANIMAL CRACKERS FRUIT MILK TUNA SALAD ON CROISSANT	12 CHICKEN TENDERS CREAMED POTATOES BROWN GRAVY GREEN BEANS FRUIT WHEAT ROLL MILK SALAD TRAY	13 TACO CHEESE GARDEN SALAD WHOLE KERNEL CORN REFRIED BEANS CANTALOUPE MILK CHICKEN FAJITAS	14 BREADED CHICKEN SANDWICH LETTUCE & TOMATO SUN CHIPS FRUIT COOKIE MILK FISH SANDWICH	Cal 795 T.Fat 25.97 G S.Fat 7.3 G Chol 61.0 Mg Sodm 1730.32 Mg Carb 106.08 G Fiber 10.0 G
17 HOT DOG FRENCH FRIES BAKED BEANS SAUERKRAUT FRUIT MILK HAMBURGER	18 COUNTRY STEAK BROWN GRAVY CREAMED POTATOES PEAS & CARROTS FRUIT WHEAT ROLL MILK BARBECUED CHICKEN	19 GRILLED CHICKEN SANDWICH LETTUCE & TOMATO SUN CHIPS FRUIT BROWNIE MILK FISH SANDWICH	20 CHICKEN NUGGETS CREAMED POTATOES BROCCOLI/CHEESE FRUIT WHEAT ROLL/Bis MILK SALAD TRAY	21 TURKEY & BACON SUB LETTUCE & TOMATO RANCH DRESSING SUN CHIPS FRUIT COOKIE MILK HAM & CHEESE SANDWIC	Cal 813 T.Fat 26.48 G S.Fat 7.7 G Chol 68.3 Mg Sodm 1561.23 Mg Carb 111.18 G Fiber 9.9 G
24 PIZZA WHOLE KERNEL CORN CARROT STICKS BROCCOLI JUICE BAR: GRAPE MILK ITALIAN DUNKERS/SAUCE	25 CORN DOG FRENCH FRIES BAKED BEANS FRUIT MILK NACHOS WITH BEEF	26 TACO Chips CHEESE GARDEN SALAD RANCH DRESSING WHOLE KERNEL CORN REFRIED BEANS FRESH FRUIT MILK KING RANCH CHICKEN	27 MACARONI AND CHEESE FRIED OKRA PINTO BEAN/BLACK EYED PE FRUIT CORNBREAD MILK COUNTRY STEAK	28 DELI WRAP LETTUCE & TOMATO SUN CHIPS FRUIT COOKIE MILK CRISPITO	Cal 808 T.Fat 25.76 G S.Fat 7.6 G Chol 65.5 Mg Sodm 1860.11 Mg Carb 110.99 G Fiber 9.3 G
31 STEAK SANDWICH POTATO WEDGES LETTUCE & TOMATO FRUIT MILK CHEESEBURGER	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				



Go Team Go



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

*Offer vs Serve:
Students must select
3, 4, or 5 food items.

Lamar County School System is
an equal opportunity provider.

Milk is served everyday

T. Fat = total fat