


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

Lamar County Schools
Subject to Change
2009



GRADES 4-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
*Offer vs Serve: Students must select 3, 4, or 5 food items.	1 FISH NUGGETS BAKED POTATO COLE SLAW TEXAS TOAST FRUIT MLK CHICKEN NUGGETS	2 GRILLED CHEESE SANDWICH TOMATO SOUP CRACKERS FRUIT CAKE MLK HOT POCKET	3 CHICKEN FINGER BURRITO WHOLE KERNEL CORN GARDEN SALAD REFRIED BEANS FRUIT COOKIE MLK	4 CHEESE STIX w/ SAUCE BROCCOLI/CARROTS CORN on the COB FRESH FRUIT TEDDIE GRAHAMS MLK MEXICAN PIZZA	Cal 848 T.Fat 25.54 G S.Fat 6.6 G Chol 30.8 Mg Sodm 1754.58 Mg Carb 129.09 G
7 NO SCHOOL TODAY 	8 CHEESEBURGER LETTUCE & TOMATO FRENCH FRIES ANIMAL CRACKERS FRUIT MLK CHICKEN FILLET on BUN	9 CHICKEN TENDERS CREAMED POTATOES BROWN GRAVY GREEN BEANS FRUIT WHEAT ROLL MLK SALAD TRAY	10 TACO CHEESE GARDEN SALAD WHOLE KERNEL CORN REFRIED BEANS CANTALOUPE MLK CHICKEN FAJITAS	11 BREADED CHICKEN SANDWICH LETTUCE & TOMATO CELERY STICKS BAKED CHIPS FRUIT COOKIE MLK TUNA SALAD on CROISSANT	Cal 838 T.Fat 26.88 G S.Fat 7.3 G Chol 68.2 Mg Sodm 1709.98 Mg Carb 114.08 G
14 HOT DOG FRENCH FRIES BAKED BEANS SAUERKRAUT FRUIT MLK HAMBURGER & TRIMINGS	15 COUNTRY STEAK BROWN GRAVY CREAMED POTATOES PEAS & CARROTS FRUIT WHEAT ROLL MLK BARBECUED CHICKEN	16 GRILLED CHICKEN SANDWICH LETTUCE & TOMATO BAKED CHIPS FRUIT BROWNIE MLK FISH SANDWICH	17 CHICKEN NUGGETS CREAMED POTATOES BROCCOLI/CHEESE FRUIT BISCUIT MLK SALAD TRAY	18 TURKEY & BACON SUB LETTUCE, TOM & PEPPER SUN CHIPS FRUIT COOKIE MLK HAM & CHEESE SANDWICH	Cal 813 T.Fat 26.49 G S.Fat 7.7 G Chol 68.3 Mg Sodm 1561.35 Mg Carb 111.35 G
21 PIZZA WHOLE KERNEL CORN CARROT STICKS BROCCOLI JUICE BAR MLK CHEESE STIX w/ SAUCE	22 CORN DOG FRENCH FRIES BAKED BEANS GARDEN SALAD CAKE FRUIT MLK NACHOS WITH BEEF	23 TACO CHEESE GARDEN SALAD WHOLE KERNEL CORN REFRIED BEANS CANTALOUPE MLK KING RANCH CHICKEN	24 MACARONI AND CHEESE FRIED OKRA PINTO BEAN/BLACK EYED PE FRUIT CORNBREAD MLK COUNTRY STEAK	25 DELI WRAP LETTUCE & TOMATO SWEET POTATO FRIES FRUIT COOKIE MLK CRISPITO/ SPANISH RICE	Cal 821 T.Fat 25.82 G S.Fat 7.6 G Chol 65.5 Mg Sodm 1861.51 Mg Carb 114.20 G
28 STEAK SANDWICH POTATO WEDGES LETTUCE & TOMATO FRUIT MLK COOKIE CHEESEBURGER ON A BUN	29 FISH NUGGETS BAKED POTATO COLE SLAW TEXAS TOAST FRUIT MLK CHICKEN NUGGETS	30 GRILLED CHEESE SANDWICH TOMATO SOUP CRACKERS FRUIT CAKE MLK HOT POCKET	Lunch Meal Prices: \$1.75 Students Teachers \$2.25	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	Cal 830 T.Fat 24.33 G S.Fat 6.9 G Chol 36.7 Mg Sodm 1521.35 Mg Carb 125.74 G

Milk is served everyday

Lamar County School System is
an equal opportunity provider.

T. Fat = total fat