

Lake County School District R-1
HEADSTART -BREAKFAST & SNACK
HEADSTART- BREAKFAST AND SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 PANCAKES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Oct - 2 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Oct - 5 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON GOLD FISH FRESH VEGGIES RANCH SALAD DRESSING WATER	Oct - 6 GRANOLA BAR FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Oct - 7 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD MINIS FRUIT, VARIETY WATER	Oct - 8 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Oct - 9 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON YOGURT, variety 4 oz cup FRUIT, VARIETY WATER
Oct - 12 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Oct - 13 CHEESY BAGEL FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Oct - 14 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Oct - 15 PANCAKES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Oct - 16 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Oct - 19 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON GOLD FISH FRESH VEGGIES RANCH SALAD DRESSING WATER	Oct - 20 GRANOLA BAR FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Oct - 21 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD MINIS FRUIT, VARIETY WATER	Oct - 22 NO SCHOOL TODAY	Oct - 23 NO SCHOOL TODAY
Oct - 26 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Oct - 27 CHEESY BAGEL FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Oct - 28 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Oct - 29 PANCAKES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Oct - 30 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER

USDA AND LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.