

Lake County School District R-1

JUNIOR/HIGH SCHOOL - BREAKFAST

High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 3 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 4 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 5 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 6 BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Nov - 9 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 10 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 11 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 12 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 13 BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Nov - 16 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 17 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 18 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 19 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Nov - 20 BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Nov - 23 NO SCHOOL TODAY	Nov - 24 NO SCHOOL TODAY	Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY	Nov - 27 NO SCHOOL TODAY
Nov - 30 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free				

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.*