

# Lake County School District R-1

## LCIS - LUNCH

Oct 22, 2015

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### Lake County Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2  TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Nov - 3  ENCHILADA, CHEESE OR BEEF CINNAMON STICK SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 4  PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH BUTTERMILK DRESSING	Nov - 5  CHICKEN NOODLE SOUP CRACKERS, OYSTER SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 6  MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Nov - 9  CHICKEN,GRILLED ON BUN POTATOES AU GRATIN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MAYO MUSTARD PICKLE, SLICES	Nov - 10  THANKSGIVING DINNER FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 11  GRILLED HAM AND CHEESE TOMATO SOUP SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 12  CHILI CON CARNE W/ BEANS CORNBREAD SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON CHEESE, CHEDDAR	Nov - 13  MACARONI AND CHEESE CHICKEN TENDERS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup BARBECUE SAUCE
Nov - 16  HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Nov - 17  SPAGHETTI W/ MEAT SAUCE ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat CHEESE,PARMESAN,GRATED	Nov - 18  SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 19  CHICKEN QUESADILLA CORN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat SALSA	Nov - 20  CORN DOG BAKED BEANS GOLD FISH / .75oz SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
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  TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD				

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.