

Lake County School District R-1

THE CENTER

THE CENTER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 BEAN BURRITO CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON SALSA	Oct - 2 TURKEY AND GRAVY MASHED POTATO ROLLS,WHEAT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON
Oct - 5 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Oct - 6 SPAGHETTI W/ MEAT SAUCE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE,PARMESAN,GRATED	Oct - 7 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Oct - 8 CHICKEN QUESADILLA CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON SALSA	Oct - 9 GRILLED HAM AND CHEESE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON
Oct - 12 TURKEY & CHEESE SANDWICH Roasted Carrot Fries FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Oct - 13 ENCHILADA CASSEROLE CINNAMON STICK FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Oct - 14 PIZZA, MINI FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Oct - 15 CHICKEN NOODLE SOUP CRACKERS, OYSTER FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Oct - 16 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD
Oct - 19 CHICKEN,GRILLED ON BUN POTATOES AU GRATIN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD PICKLE, SLICES	Oct - 20 ITALIAN DIP STICKS FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Oct - 21 GRILLED HAM AND CHEESE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Oct - 22 NO SCHOOL TODAY	Oct - 23 NO SCHOOL TODAY
Oct - 26 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Oct - 27 SPAGHETTI W/ MEAT SAUCE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE,PARMESAN,GRATED	Oct - 28 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Oct - 29 CHICKEN QUESADILLA CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON SALSA	Oct - 30 PIZZA, MINI FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON

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.