

Lake County School District R-1
WEST PARK ELEMENTARY BREAKFAST
West Park Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 PANCAKES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 2 CEREAL,VARIETY BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
Oct - 5 CEREAL,VARIETY GOLD FISH FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 6 GRANOLA BAR CHEESE, MOZZ, STRING FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 7 CEREAL,VARIETY CRACKERS,GRAHAM FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 8 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 9 CEREAL,VARIETY YOGURT, variety 4 oz cup FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
Oct - 12 CEREAL,VARIETY ANIMAL CRACKERS FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Oct - 13 BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 14 CEREAL,VARIETY CHEESE, MOZZ, STRING FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 15 PANCAKES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 16 CEREAL,VARIETY BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
Oct - 19 CEREAL,VARIETY GOLD FISH FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 20 GRANOLA BAR CHEESE, MOZZ, STRING FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 21 CEREAL,VARIETY CRACKERS,GRAHAM FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 22 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 23 CEREAL,VARIETY YOGURT, variety 4 oz cup FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
Oct - 26 CEREAL,VARIETY ANIMAL CRACKERS FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Oct - 27 BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 28 CEREAL,VARIETY CHEESE, MOZZ, STRING FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 29 PANCAKES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Oct - 30 CEREAL,VARIETY BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat

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.