

Lake County School District R-1

LCIS - LUNCH

Oct 6, 2015

Lake County Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 HAMBURGER ON A BUN BAKED BEANS FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Oct - 2 TOASTED CHEESE SANDWICH YOGURT, variety 4 oz cup FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING
Oct - 5 CHICK ON A BUN FRESH VEGGIES FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES RANCH BUTTERMILK DRESSING	Oct - 6 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat SALSA	Oct - 7 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	Oct - 8 HAMBURGER ON A BUN BAKED BEANS FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Oct - 9 TOASTED CHEESE SANDWICH YOGURT, variety 4 oz cup FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING
Oct - 12 TURKEY & CHEESE SANDWICH Roasted Carrot Fries SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Oct - 13 ENCHILADA CASSEROLE CINNAMON STICK SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Oct - 14 PIZZA, MINI FRESH VEGGIES FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH BUTTERMILK DRESSING	Oct - 15 CHICKEN NOODLE SOUP CRACKERS, OYSTER SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat	Oct - 16 MACHO NACHOS CORNBREAD SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON
Oct - 19 CHICKEN, GRILLED ON BUN POTATOES AU GRATIN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat MAYO MUSTARD PICKLE, SLICES	Oct - 20 ITALIAN DIP STICKS SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Oct - 21 GRILLED HAM AND CHEESE FRUIT, VARIETY CARROT STICKS MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	Oct - 22 NO SCHOOL TODAY	Oct - 23 NO SCHOOL TODAY
Oct - 26 HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Oct - 27 SPAGHETTI W/ MEAT SAUCE ROLLS, WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat CHEESE, PARMESAN, GRA TED	Oct - 28 SUNFLOWER & JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	Oct - 29 CHICKEN QUESADILLA CORN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat SALSA	Oct - 30 CORN DOG BAKED BEANS GOLD FISH / .75oz SALAD BAR W/ FRUIT 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.