

Lake County School District R-1

JUNIOR/HIGH SCHOOL - BREAKFAST

Nov 18, 2015

High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 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	Dec - 2 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Dec - 3 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	Dec - 4 BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Dec - 7 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Dec - 8 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	Dec - 9 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Dec - 10 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	Dec - 11 BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Dec - 14 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Dec - 15 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	Dec - 16 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Dec - 17 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	Dec - 18 BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Dec - 21 NO SCHOOL TODAY	Dec - 22 NO SCHOOL TODAY	Dec - 23 NO SCHOOL TODAY	Dec - 24 NO SCHOOL TODAY	Dec - 25 NO SCHOOL TODAY
Dec - 28 NO SCHOOL TODAY	Dec - 29 NO SCHOOL TODAY	Dec - 30 NO SCHOOL TODAY	Dec - 31 NO SCHOOL TODAY	

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.