

Lake County School District R-1

LCIS - LUNCH

Nov 18, 2015

Lake County Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 SPAGHETTI W/ MEAT SAUCE ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat CHEESE,PARMESAN,GRATED	Dec - 2 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH BUTTERMILK DRESSING	Dec - 3 CHICKEN NOODLE SOUP CRACKERS, OYSTER SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Dec - 4 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Dec - 7 CHICKEN,GRILLED ON BUN POTATOES AU GRATIN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MAYO MUSTARD PICKLE, SLICES	Dec - 8 ITALIAN DIP STICKS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ICE CREAM, VARIETY CUP	Dec - 9 GRILLED HAM AND CHEESE TOMATO SOUP SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Dec - 10 CHILI CON CARNE W/ BEANS CORNBREAD SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON CHEESE, CHEDDAR	Dec - 11 MACARONI AND CHEESE CHICKEN TENDERS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup BARBECUE SAUCE
Dec - 14 HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Dec - 15 BEEF AND GRAVY POTATOES, RED MASHED ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Dec - 16 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Dec - 17 CHICKEN QUESADILLA CORN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat SALSA	Dec - 18 CORN DOG BAKED BEANS GOLD FISH / .75oz SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
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.