

Lake County School District R-1

JUNIOR/HIGH SCHOOLS - LUNCH

Dec 11, 2015

Lake County High School Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | | | Jan - 1 |
| Jan - 4 | Jan - 5 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 6 PEPPERONI PIZZA FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 7 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 8 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat |
| Jan - 11 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 12 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 13 TOASTED CHEESE SANDWICH. YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 14 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 15 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat |
| Jan - 18 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 19 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 20 SUB SANDWICH CHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat MAYONNAISE MUSTARD | Jan - 21 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 22 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat |

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.

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|--|--|---|--|--|
| Jan - 25 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 26 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 27 PEPPERONI PIZZA FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 28 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat | Jan - 29 MACHO NACHOS CHILI DOG SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI ENCHILADA, CHEESE OR BEEF CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free 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.*

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