

Lake County School District R-1

LCIS - BREAKFAST

Dec 11, 2015

Middle School Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan - 1 NO SCHOOL TODAY
Jan - 4 NO SCHOOL TODAY	Jan - 5 SMOOTHIE, STAWBERRY BANAN CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 6 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 7 WAFFLE STICKS CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 8 ENGLISH MUFFIN SAND-sausage CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON
Jan - 11 BREAKFAST PIZZA, SAUSAGE CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 12 SMOOTHIE, STAWBERRY BANAN CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 13 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 14 WAFFLE STICKS CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 15 ENGLISH MUFFIN SAND-sausage CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON
Jan - 18 NO SCHOOL TODAY	Jan - 19 SMOOTHIE, STAWBERRY BANAN CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 20 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 21 WAFFLE STICKS CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 22 ENGLISH MUFFIN SAND-sausage CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON
Jan - 25 BREAKFAST PIZZA, SAUSAGE CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 26 SMOOTHIE, STAWBERRY BANAN CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 27 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 28 WAFFLE STICKS CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Jan - 29 ENGLISH MUFFIN SAND-sausage CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON

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.