

Lake County School District R-1

JUNIOR/HIGH SCHOOLS - LUNCH

Lake County High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
May - 2 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 3 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 4 Turkey, Avocado, Cheese Bagel CHIP, MULTIGRAIN, SUNCHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat MAYONNAISE MUSTARD	May - 5 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 6 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup
May - 9 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 10 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 11 BURRITO, BEEF & BEAN FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA WHOLE WHEAT SUGAR COOKIES	May - 12 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 13 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup
May - 16 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 17 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 18 CHEESEBURGER BAKED BEANS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat MUSTARD KETCHUP PICKLE, SLICES	May - 19 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 20 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup

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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May - 23 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 24 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 25 Turkey, Avocado, Cheese Bagel CHIP, MULTIGRAIN, SUNCHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat MAYONNAISE MUSTARD	May - 26 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup	May - 27 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup
May - 30 NO SCHOOL TODAY	May - 31 MACHO NACHOS PIZZA, BY THE SLICE CHICK ON A BUN, HOT & SPICY POTATO BAR HOT WINGS SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA MAYO MUSTARD ketchup			

USDA AND LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

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