

Lake County School District R-1

HEADSTART -BREAKFAST & SNACK

HEADSTART- BREAKFAST AND SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
May - 2 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	May - 3 CHEESY BAGEL WATER CHESTNUTS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	May - 4 CEREAL,VARIETY CURRENTS, DRIED FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	May - 5 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	May - 6 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
May - 9 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	May - 10 GRANOLA BAR PARSNIPS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	May - 11 CEREAL,VARIETY UGLI FRUIT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	May - 12 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	May - 13 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
May - 16 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	May - 17 CHEESY BAGEL WATER CHESTNUTS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	May - 18 CEREAL,VARIETY CURRENTS, DRIED FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	May - 19 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	May - 20 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
May - 23 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	May - 24 GRANOLA BAR PARSNIPS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	May - 25 CEREAL,VARIETY UGLI FRUIT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	May - 26 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	May - 27 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
May - 30 NO SCHOOL TODAY	May - 31 CHEESY BAGEL WATER CHESTNUTS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER			

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.*