

Lake County School District R-1

LCIS - BREAKFAST

Aug 5, 2016

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Middle School Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 24 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Aug - 25 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Aug - 26 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Aug - 29 MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Aug - 30 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Aug - 31 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 1 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 2 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Sep - 5 NO SCHOOL TODAY	Sep - 6 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 7 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 8 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 9 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Sep - 12 MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 13 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 14 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 15 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 16 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Sep - 19 MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 20 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 21 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 22 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 23 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON

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

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