

Lake County School District R-1

High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 1 ENGLISH MUFFIN SAND- sausage ENGLISH MUFFIN SANDWICH-HA BREAKFAST BURRITO SMOOTHIE WITH GRANOLA BAR BAGEL, WHOLE WHEAT CREAM CHEESE PRETZELS W/ CHEESE CEREAL,VARIETY BANANA BREAD MINIS CHEESE, MOZZ, STRING JUICE, VARIETY FRESH FRUIT SALSA Milk, Chocolate, Fat Free MILK,1% Lowfat	Jun - 2 ENGLISH MUFFIN SAND- sausage ENGLISH MUFFIN SANDWICH-HA BREAKFAST BURRITO SMOOTHIE WITH GRANOLA BAR BAGEL, WHOLE WHEAT CREAM CHEESE PRETZELS W/ CHEESE CEREAL,VARIETY BANANA BREAD MINIS CHEESE, MOZZ, STRING JUICE, VARIETY FRESH FRUIT SALSA Milk, Chocolate, Fat Free MILK,1% Lowfat	Jun - 3 ENGLISH MUFFIN SAND- sausage ENGLISH MUFFIN SANDWICH-HA BREAKFAST BURRITO SMOOTHIE WITH GRANOLA BAR BAGEL, WHOLE WHEAT CREAM CHEESE PRETZELS W/ CHEESE CEREAL,VARIETY BANANA BREAD MINIS CHEESE, MOZZ, STRING JUICE, VARIETY FRESH FRUIT SALSA Milk, Chocolate, Fat Free MILK,1% Lowfat	Jun - 4 ENGLISH MUFFIN SAND- sausage ENGLISH MUFFIN SANDWICH-HA BREAKFAST BURRITO SMOOTHIE WITH GRANOLA BAR BAGEL, WHOLE WHEAT CREAM CHEESE PRETZELS W/ CHEESE CEREAL,VARIETY BANANA BREAD MINIS CHEESE, MOZZ, STRING JUICE, VARIETY FRESH FRUIT SALSA Milk, Chocolate, Fat Free MILK,1% Lowfat	Jun - 5 ENGLISH MUFFIN SAND- sausage ENGLISH MUFFIN SANDWICH-HA BREAKFAST BURRITO SMOOTHIE WITH GRANOLA BAR BAGEL, WHOLE WHEAT CREAM CHEESE PRETZELS W/ CHEESE CEREAL,VARIETY BANANA BREAD MINIS CHEESE, MOZZ, STRING JUICE, VARIETY FRESH FRUIT SALSA 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.*

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.*