

Lake County School District R-1

Monday	Tuesday	Wednesday	Thursday	Friday
				May - 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
May - 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	May - 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	May - 6 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	May - 7 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	May - 8 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
May - 11 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	May - 12 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	May - 13 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	May - 14 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	May - 15 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

**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.

Lake County School District R-1

High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
May - 18 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	May - 19 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	May - 20 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	May - 21 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	May - 22 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
May - 25 NO SCHOOL TODAY	May - 26 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	May - 27 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	May - 28 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	May - 29 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

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