

Lake County School District R-1

JUNIOR/HIGH SCHOOLS - LUNCH

Oct 22, 2015

Lake County High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 HAMBURGER DELUXE CHEESE, AMERICAN SLICED FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup MUSTARD PICKLE, SLICES	Nov - 3 CHICKEN FAJITAS SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT SALSA LETTUCE & TOMATO CHOPPED CHEESE, CHEDDAR	Nov - 4 PEPPERONI PIZZA FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat	Nov - 5 BBQ CHICKEN DRUMSTICKS PRETZEL, SOFT, 2.5oz MILD CHEESE SAUCE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Nov - 6 MACHO NACHOS MUFFIN, BLUEBERRY SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SOUR CRM,LT PEPPERS, JALAPENO
Nov - 9 HOT WINGS CHICKEN WING, TERIYAKI SEASONED RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Nov - 10 TACO SALAD ICE CREAM, VARIETY CUP FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat	Nov - 11 TOASTED CHEESE SANDWICH. YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat	Nov - 12 ENCHILADA, CHEESE OR BEEF CINNAMON STICK SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT	Nov - 13 POTATO BAR CHICKEN NOODLE SOUP BROCCOLI AND CHEESE SOUP FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Nov - 16 CHICK ON A BUN, HOT & SPICY CHICKEN,GRILLED ON BUN FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup MAYO MUSTARD LETTUCE & TOMATO PICKLE, SLICES	Nov - 17 BEEF BURRITO GREEN CHILI SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT	Nov - 18 SUB SANDWICH CHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat MAYONNAISE MUSTARD	Nov - 19 CHILI DOG CORN ON THE COB FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat CHEESE, CHEDDAR	Nov - 20 THANKSGIVING DINNER FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat
Nov - 23 NO SCHOOL TODAY	Nov - 24 NO SCHOOL TODAY	Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY	Nov - 27 NO SCHOOL TODAY
Nov - 30 HAMBURGER DELUXE CHEESE, AMERICAN SLICED FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup MUSTARD PICKLE, SLICES				

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.