

Lake County School District R-1

JUNIOR/HIGH SCHOOLS - LUNCH

Sep 24, 2015

Lake County High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 BURRITO, BEEF & BEAN GREEN CHILI W/ PORK SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat CHEESE, CHEDDAR SOUR CRM,LT	Oct - 2 CHILI DOG CORN ON THE COB SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat CHEESE, CHEDDAR ONION, FRESH ketchup MUSTARD
Oct - 5 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	Oct - 6 ENCHILADA, CHEESE OR BEEF CINNAMON STICK SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT	Oct - 7 SUB SANDWICH FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat CHIPS MAYONNAISE MUSTARD	Oct - 8 POSOLE with PORK CORNBREAD Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP CHEESE, CHEDDAR	Oct - 9 PASTA BAR ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat CHEESE,PARMESAN,GRATED
Oct - 12 HAMBURGER DELUXE CHEESE, AMERICAN SLICED Roasted Carrot Fries SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup MUSTARD PICKLE, SLICES	Oct - 13 CHICKEN FAJITAS SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT SALSA LETTUCE & TOMATO CHOPPED CHEESE, CHEDDAR	Oct - 14 PIZZA, MINI FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	Oct - 15 BBQ CHICKEN DRUMSTICKS PRETZEL, SOFT, 2.5oz MILD CHEESE SAUCE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Oct - 16 MACHO NACHOS MUFFIN, BLUEBERRY SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SOUR CRM,LT PEPPERS, JALAPENO
Oct - 19 HOT WINGS TERIYAKI CHICKEN SEASONED RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Oct - 20 TACO SALAD CINNAMON APPLE, MINI LOAF FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat	Oct - 21 TOASTED CHEESE SANDWICH. YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	Oct - 22 NO SCHOOL TODAY	Oct - 23 NO SCHOOL TODAY

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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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 26 CHICK ON A BUN, HOT & SPICY CHICKEN,GRILLED ON BUN SPICY ITALIAN POTATO CHUNKS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup MAYO MUSTARD LETTUCE & TOMATO PICKLE, SLICES	Oct - 27 ENCHILADA, CHEESE OR BEEF CINNAMON STICK SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT	Oct - 28 SUB SANDWICH FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat CHIPS MAYONNAISE MUSTARD RANCH BUTTERMILK DRESSING	Oct - 29 POSOLE with PORK CORNBREAD Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP CHEESE, CHEDDAR	Oct - 30 PASTA BAR ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat CHEESE,PARMESAN,GRA TED

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

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