

Lake County School District R-1

THE CENTER

THE CENTER LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| Nov - 2 TURKEY & CHEESE SANDWICH FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD | Nov - 3 ENCHILADA CASSEROLE CINNAMON STICK FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON | Nov - 4 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON | Nov - 5 CHICKEN NOODLE SOUP CRACKERS, OYSTER FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON | Nov - 6 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON |
| Nov - 9 CHICKEN,GRILLED ON BUN POTATOES AU GRATIN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD PICKLE, SLICES | Nov - 10 ITALIAN DIP STICKS FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON | Nov - 11 GRILLED HAM AND CHEESE TOMATO SOUP FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON | Nov - 12 CHILI CON CARNE W/ BEANS CORNBREAD FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE, CHEDDAR | Nov - 13 MACARONI AND CHEESE CHICKEN TENDERS FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON |
| Nov - 16 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD | Nov - 17 SPAGHETTI W/ MEAT SAUCE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE,PARMESAN,GRATED | Nov - 18 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON | Nov - 19 THANKSGIVING DINNER FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON | Nov - 20 CORN DOG BAKED BEANS GOLD FISH / .75oz FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON ketchup |
| 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 TURKEY & CHEESE SANDWICH FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD | | | | |

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.